

GRIP STRENGTH BUILDER

4 DAYS A WEEK · 15 TO 20 MINUTES · 4 MOVEMENTS

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WHY YOUR GRIP DECIDES HOW HARD YOU HIT

Every hitter who comes into my facility gets his grip tested. Same tester, both hands, and I write the number down. After enough guys you start seeing the same thing over and over.

LEVEL	BASEBALL	SOFTBALL
HS Elite	130+ each hand	80+ each hand
College Elite	145+ each hand	95+ each hand
Elite Elite	160+ each hand	110+ each hand

It's nearly an exact correlation. The stronger the grip, the more force gets to the barrel head. Your body can build all the speed it wants, but your grip is the last thing connecting you to the bat. If they're weak, that force leaks out right before it matters.

If you measure high in one of these categories or measurements, don't be satisfied. Nobody ever wished they had less grip strength. My best hitter in high school got drafted out of high school by the Dodgers, and he measures 190 to 210 every time we test him.

HEAVY WINS

When I was playing college baseball, I took pride in having big, strong forearms.

When I first started, I was doing a ton of rice bucket work and light, quick wrist movements. That stuff feels productive. You get a pump, your forearms burn, you walk away thinking you did something. Going heavier is what made my size improve way more dramatically. Picking up something genuinely heavy and holding onto it shocks your grip, wrists and forearms in a way the light stuff never does.

Look at guys who work construction. They aren't doing 100 rep wrist curls in a garage. They carry heavy things all day every day, and when you shake their hand, you feel the effects right away.

HOW TO DO IT

- **Do it at the end of your session.** Don't fry your grip before hitting or lifting.
- **15 to 20 minutes, 4 days a week.**
- **Test before you start the program.** Get a number on both hands so you have a baseline. Re-test every 2 to 3 weeks.
- **How I measure it.** Arm at a 90° angle, straight out in front of you.
- **Test at the same point every time.** Before, during or after training, just pick one and stick to it or the numbers mean nothing.
- **Grip tester I use.** It's \$29. <https://amzn.to/4mJqgwL>

Want more insight from Trey to progress even faster?

This type of information and coaching is what you get inside Remote Results. It's also included in my High School Hitter Playbook.

Remote Results: <https://treyhannam.com/>

High School Hitter Playbook: <https://treyhannamtraining.mykajabi.com/the-high-school-hitter-playbook-landing-page>

THE FOUR MOVEMENTS



1. Heavy Farmer Carries

- **3 to 5 sets, 30 to 40 walking steps.** 50 to 80 lb dumbbells. Softball: 35 to 50 lb.
- **Go heavier whenever you can.** This is number one on the list for a reason. Holding and stabilizing that much weight builds your core, your back and your grip at the same time.



2. Plate Pinch Carries or Holds

- **3 to 4 sets, 30 second holds or 30 to 40 walking steps.** 25 to 45 lb plates. Softball: 15 to 25 lb.
- **Pick plates that are actually hard to hold.** Big lip or edge plates are too easy. Smooth and heavy is what you want.
- **This one isolates your fingers and thumbs,** which is bat control.



3. Heavy Hammer Curls

- **3 to 4 sets, 6 to 10 reps.** Heavy, slow, controlled, full range of motion.
- **Hold the dumbbells north and south,** like you're holding a drink.
- **This cooks the outside of the forearm** that runs over the top of your elbow and into your upper arm. Forearm density and wrist strength come from here.
- **Add reps or weight every week.** If the same weight feels the same in week three, you're not progressing.



4. Wrist Curls, Palm Up or Palm Down

- **3 sets, 30 to 50 reps.** Barbell or 30 to 40 lb dumbbells. Softball: empty bar or 15 to 25 lb.
- **This is the one high rep movement in the program.** It's here for hypertrophy and fatigue-proof forearms, not for max strength. The other three do the heavy work.
- **Add weight when it stops being hard.**
- **This is a great finisher.** It should feel like you can't hold the weight anymore at the end, and you have to drop it because you're pushing your hands, wrists, and forearms to the max.