

GRIPPING YOUR WAY  
TO  
STRENGTH



W. J. HUNT

Who Challenges  
Gt. Britain to  
duplicate  
his Grip Feats, Etc.

# A TERRIFIC GRIP

## with SCIENTIFIC TRAINING

Herculean Balancing Training is the Number One Routine I use at all times. In 1931 I won County, Northern Counties, and British Olympic titles. I did not touch a barbell till 1936, when I broke the British Press record. I did not touch a bar again till 1938, when I pressed 220½ lbs., 11 and 12 stone British records. This has not been equalled since in perfect Military Style. I have not touched a barbell since, yet my feats are terrific, consisting of super grip feats, etc. Yes, gripping with its training builds amazing arms. Train with me and you will succeed beyond your wildest dreams.

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### COMPLETE TRAINING

First go through balancing training routine, taking it slowly. Rest five minutes.

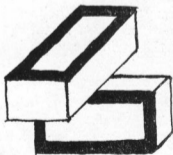
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**Grip Training, without apparatus.** Stand with feet twelve inches apart, arms by your sides—lock right elbow, then slowly to a count of eight, commence to grip right hand. Hold this grip for a further count of eight. Finally relax to a count of six. Repeat with left. Do this four times each arm. Concentrate on the locked elbow. This is the only grip exercise that you can get a full contraction of the fingers with, and is the secret of grip development.

Before continuing, I would like to say a few words. Barbells will not put you on top for gripping. I have convincing proof of this. Lifting requires too much bodily aid. Snatches, cleans, swings, jerks, are all too fast to give the grip a fair chance. Did I hear you say Dead Lift? Well this requires aid from legs, shoulders, and the back. One lifter at a display dead lifted 460 lbs., yet he could not budge my 40 lb. blocks. Another dead lifted 490 lbs. He could do no better with blocks. Others who have snatched and pressed over 200 lbs. did no better. You must be a specialist for a real grip.

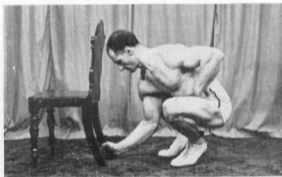
**Exercise 2.** Obtain three builders' bricks, average weight 8 lbs. Put one on its narrow edge, then place two across this one, see fig. 1 (this shows only one brick across). Grip bottom brick close up to the cross bricks and lift it off the floor to a standing position. Hold it two seconds, then lower. Repeat three times. Repeat with left hand.

Now the same way, only start at one end of a room, and walk across to the opposite side. Slowly lower bricks. Rest a few seconds, lift bricks and walk back. Now, heels together, legs locked, and try to lift bricks up to a standing position. Slowly lower, and repeat twice each arm. When easy, add half a brick, then a whole one. When you can



do three across one, you will be pretty good. Four across one, you are exceptional. You cannot do limits often with gripping at the beginning. This is good training, having the fingers stretched out to the limit and makes you grip all out.

**Exercise 3.** This is the last exercise. Three routines are sufficient for grip development. Get a stand chair—round legs if possible but not essential. Take up position in fig. 2. Toes four inches away from back legs of chair. (Stand in the centre of chair, heels together). Take hold of chair leg at the bottom and lift off ground. Do not jerk. When easy, move back an inch until you can do it from a distance of eight inches. Measure the distance correctly. When eight inches is fairly easy, commence the same routine with the front leg. The hand is in a different position for each exercise, you will notice, requiring full use of fingers, wrist and forearm. When you can do four bricks on one, and lift chair eight inches away, front leg, test them on pals, etc.



It is the best grip training going. Give it a few weeks going over—half hour five nights per week. A little barbending is good for strength, both muscular and tendon. I saw this whilst working with Samson. I bent and broke one each

day for many weeks. I used 12 inches  $\times$   $\frac{3}{8}$  inches square iron. You can start with 12 inches  $\times$   $\frac{5}{16}$ . You can bend round knee, shut between knees, open outside knees, both sides of knees, being used alternate. Use cloth on end of bars. This also builds good shoulders and trapezius.

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## TONIC

If you are off form, lack enthusiasm and feel tired out, lack energy etc., you need a tonic. Here-with the finest tonic obtainable, and will put you right on form. It is the only one I take.

Take one ounce of Scullcap (herb) as fresh as possible. Put in a brown dish. Pour one pint of boiling water on the herbs, and cover with a plate. Leave to go cold. Strain the liquid off the herbs, and add a small handful of raisins. Leave this for twenty four hours. Take a half cup each night. This will do you a world of good.

If possible, put orange juice with egg yolk first thing in the morning. Gives great energy.

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## ● BALANCING ●

### GRIP TRAINING ● BAR BENDING

The greatest combination of strength training in the world of physical training. I confidently challenge anyone in Great Britain to duplicate any one of my feats, and offer a lovely SILVER CUP.