

Reserve Health
Fire Academy Recruit Education

Challenge

Dead Hang Contest (Last One Left)

OVERVIEW

3 Types

- Crushing - squeezing an object between your fingers and palm
 - Pinching - holding of an object between the thumb and fingers of a single hand
 - Supporting - the ability to hold on to an object for extended periods of time
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TRAINING

Implements

- Adapters for increased diameter
 - Large diameter barbells
 - Square shaped barbells
 - One-handed handles
 - Blobs / Hex Blocks
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TAKEAWAYS

Force Production

- Nervous system initiates muscular contractions

Neural Adaptation

- Resistance training improves the degree to which you can contract muscle and produce force

CNS Fatigue

- Impacted energy, strength, performance due to environmental factors such as:
 - Overtraining
 - Poor nutrition
 - Poor sleep
 - Stress
 - More...
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Random Facts

Losing the pinky finger can result in as much as 30% loss in total hand strength

Approximately 60-65% of our grip strength is genetically influenced