



3 SECRETS TO LIFT MORE WEIGHT


How to Stop Grip Fatigue and Get Stronger in the Gym.



MEET JOHN, THE LIFTER

John loved working out and pushing himself harder. But no matter how strong he got, his hands always gave out before his muscles did.

- ✗ His grip failed on deadlifts.
- ✗ His hands burned after pull-ups.
- ✗ He had to stop sets early.



Frustrated, John saw other lifters gripping the bar with ease. What was their secret? He had to find out. That's when he learned **three simple tricks to lifting heavier** without hurting his hands.





SECRET #1

TRAIN YOUR GRIP LIKE A MUSCLE

Most people train arms, legs, and chest but forget their grip. Your hands and forearms have muscles too! Train them with these exercises:

- Farmer's Carry – Hold heavy dumbbells and walk for 30-60 seconds.
- Plate Pinches – Squeeze two weight plates together with just your fingers.
- Dead Hangs – Hang from a pull-up bar for 30+ seconds.

John added these exercises, and in weeks, his grip was stronger! But even with better grip strength, his hands still took a beating.



SECRET #2

FIX YOUR HAND POSITION AND GRIP

Strength isn't the only issue—form matters too! Small changes make a big difference:

- Deadlifts: Try a hook grip or mixed grip.
- Pull-ups: Wrap your thumbs over the bar for better control.
- Rows & Presses: Hold the bar tightly, using all your fingers evenly.

John adjusted his grip and instantly felt more control. But even with better technique, his hands still got sore. He needed a way to push further without tearing up his skin.



SECRET #3

PROTECT YOUR HANDS AND REDUCE GRIP FATIGUE

Even if you train and use the right grip, your hands can still get tired. Here's how to keep them fresh:

- ✓ Use Chalk – Absorbs sweat and improves friction.
- ✓ Rest & Recover – Sore hands mean weaker lifts. Let them heal.
- ✓ Use the Right Gloves – John tried regular gloves, but they felt thick and slippery. Then he found Barehand Gloves, they are thin, breathable, and designed to feel natural on the bar.



With Barehand Gloves, his grip felt stronger, his hands stayed callus-free, and he could lift without distractions.

More reps, more weight, more progress!

Lift More, Lift Smarter

John's secret wasn't lifting harder, it was lifting smarter. By strengthening his grip, improving his form, and using the right gear, he finally pushed past his limits. Now, it's your turn!

Better grip = bigger lifts.
Take control and see your strength grow.

Want to lift heavier without grip fatigue?
Try Barehand Gloves and feel the difference for yourself!

www.barehandgloves.com

