

Body By Phil

Video Hammer Gripz Exercises

www.BodyByPhilLLC.com

Rear Delt & Upper Back

Video 1

- **Original – Bent-arm Hammer Pull (Gripz UP)**

Video 2

- **Straight Cross-arm Hammer Pull (Gripz UP or DOWN)**
 - **Adjust cable carriage up/down**

Video 3

- **Single Straight-arm Hammer Pull (Gripz UP or DOWN)**
 - **Adjust cable carriage up/down**

Video 4

- **Cross-arm Bent-Elbow Hammer Pull (Gripz Up)**
 - **Adjust cable carriage up/down**

Side Delt

Video 5

- **Cross-arm In-front Side Delt Hammer Raise (Gripz UP or DOWN)**
- **Cross-arm Behind-Back Side Delt Hammer Raise (Gripz UP or DOWN)**
- **Single-arm In-front Side Delt Hammer Raise (Gripz UP or DOWN)**
- **Single-arm Behind-Back Side Delt Hammer Raise (Gripz UP or DOWN)**

Front Delt

Video 6

- **Front Delt Hammer Raise (Gripz DOWN)**
 - **Alternating Front Delt Hammer Raise (Gripz DOWN)**

Chest

Video 7

- **Bent-arm Fly with Hammer Gripz (Gripz UP or DOWN)**

Back - Lats

Video 8

- **Cross-arm Hammer Gripz Pull Down (Gripz UP)**

Arms – Bicep/Tricep

Video 9

- **One-arm Hammer Gripz Curl (Gripz DOWN)**
 - **With/Without Incline Curl bench**
- **One-arm Tricep Hammer Gripz Extension (Gripz UP)**

Front Delt

Video 10

- **Extreme Front Delt Hammer Raise (Gripz DOWN)**
 - **Extreme Alternating Front Delt Hammer Raise (Gripz DOWN)**

NOTE:

Hammer Gripz UP – Eyelet on Thumb Side of Gripz

Hammer Gripz DOWN – Eyelet on Little Finger Side of Gripz