

# The Ultimate Forearm Builder

The Best-Selling Shortcut To Bigger Arms That Will Help You Build Head-Turning Biceps & Forearms In Weeks, Not Years

Dear fellow barbell and dumbbell lifter,

I love BIG forearms.

Don't you?

Be honest...

When you look at your forearm development, are they a lagging body part?

Why not give your forearms the pump they deserve.

I mean no one wants to have a big set of guns only to have a set of skinny pipe cleaners for forearms.

Most lifters think that their grip gets enough work from their main exercises like deadlifts, pull ups, and curls.

Truth is... grip strength is deeply under trained by most lifters, and this can impact your total-body muscle development.

Look...If you want to dramatically increase the amount of total weight you can use in the shortest amount of time, I'd recommend using a thick bar for most or all of your barbell and dumbbell exercises.

One problem.

If you want to do thick bar work, you'd either have to go to a special gym or be the best bro's with the owners of Rogue or Eleiko.

Reality is...thick bars are custom order and crazy expensive.

I'd like to show you something that you can use to build a pair of big, powerful forearms that would make the Hulk jealous.

And I'd like to show you how to do that for a fraction of the cost.

Once you've experienced what it's like to have tremendous grip strength - your workouts will never be the same.

Imagine the feeling you'll have when you start setting PR's for each of your lifts.

Besides, you don't want to be that guy walking into the gym with your own custom bar.

Not anymore.

I'd like to introduce Fat Gripz.

Training with Fat Gripz will give you the power to tear phone books in half.

If you can't find a phone book, you'll probably be able to crush a coconut. Makes for a great party trick.

By using the FAT Gripz for all of your favourite common bar exercises your forearms and grip strength will explode.

Never again will you have to be embarrassed from your pool noodle looking forearms.

- You'll develop a strong, powerful grip.
- You'll impress your friends with your new found grip strength.
- You'll stop dropping the bar because your grip strength gave out.
- You'll be able to crank out more pullups and rows.

And... you don't want to put yourself into a bad position and start using sloppy form because your grip is giving out.

No one needs that kind of injury to keep them out of the gym.

I mean sure you could use wrist wraps, but there's no feeling like doing it RAW!

When you're wearing a T-shirt, you want those forearms to be exposed and to get noticed.

Imagine how you'll feel when your lady friend grabs you by the forearm and gives you that special look.

The easiest and fastest fix for poor grip strength is thick-bar training.

Whether you're benching or curling, you will be challenging your grip, hands, and forearms.

Over time, this increased neuromuscular demand has been shown to improve grip strength and as a result the acute variables across all exercises.

Here are a few other benefits of increased grip strength:

- Increased forearm muscularity
- Increased hand and grip strength
- Increased resistance (weight) on pulling exercises and deadlifts
- Hand endurance and improved dexterity
- Better grip strength in all sports (e.g., grappling, tennis, hockey, rock climbing, etc.)
- Functional purpose for everyday tasks like squeezing the lids off of soup cans

You want your whole arm to be built, from delt to finger tip.

Now thick bar training is not new and has been around for decades.

It's used by elite soldiers, pro athletes and champion bodybuilders because they know the secrets of how to train most effectively and have the money to afford very expensive thick bars, thick-handled dumbbells and thick pull-up bars.

A full set of all of these can cost thousands of dollars.

But with Fat Gripz you won't pay thousands. Not even hundreds.

Thicker handles stimulate far more muscle activation in the hands and forearms and in the upper arms and whole upper body.

It works by the principle of irradiation.

When you contract a muscle hard, the muscles around it contract as well. Therefore, to get a maximal contraction in your biceps, for example, you need to get your forearms contracting maximally too.

Of course, more muscle activation means significantly bigger muscle and strength gains.

Your hands are the point of contact with the weight in almost every exercise but most lifters greatly underestimate the role the hands play in getting stronger and bigger.

By use Fat Gripz, your hands, fingers and forearms will be so much stronger that your body can finally stop “holding back” the muscle and strength gains in your upper arms, back and chest.

The Fat Gripz will train your hands, fingers and forearms at all angles.

If you are bench pressing, the Fat Gripz will train your hands and forearms in a completely different way than if you are doing chin ups on puny regular bar.

Other grip training methods like grippers can be useful too but they are one-dimensional, training the hands and forearms in the same way over and over which can potentially lead to imbalances and injury.

Fat Gripz perfectly replicate the natural function of the human hand – lifting heavy, awkward objects.

Humans have evolved to use their hands to climb trees and rock faces, carry logs and animals. Using Fat Gripz are a great way to replicate this.

As I mentioned, thick bars and thick-handled dumbbells are very rare and very expensive so we created Fat Gripz to make the benefits of thick bar training available and affordable to everyone.

Get some Fat Gripz and unlock some major forearm muscle and strength gains!

If you are looking to improve your grip, and work your forearms in a way you never have before...these are for you.

I don't expect you to take my word for it. But look at some feedback from some of the many Fat Gripz users:

*"These things definitely give your hands, wrists and forearms one hell of a workout! I was shocked at the amount of weight I had to strip off the bar to use these effectively. However, once you start using these, you won't want to lift again without them!"*

From Brendan B - Newtonville, Ontario

*"These things rock. If you are looking to improve your grip, and work your forearms in a way you never have before...these are for you."*

From Matt B - Victoria, B.C.

*"The only thing I'm mad about is that I waited so long before purchasing them. They are a high quality material that I can see lasting a long time. I have been using them religiously for about 3 weeks and have added significant size and strength to my forearms already. I would recommend these to anyone. So convenient to take on and off dumbbells, barbells and I even use them for chin ups."*

From Brock L - Minn, Minnesota

# Our Personal Guarantee

**You deserve peace of mind with your decision,**

If you don't like the Fat Gripz for whatever reason, I will refund 100% of your investment within 90 days. No questions asked.

But please remember...

You won't see this pricing again. I'm committed to getting the Fat Gripz in your hands because I know the difference they made in my body and my own personal confidence.

I want you to have them and that's why you are getting this one-time offer.

If you look at your forearm growth over the past year, can you say with confidence that you're satisfied?

You're already putting in time and effort in the gym.

Why not make the most of it and grow your forearms and grip strength to where you

You deserve it and the Fat Gripz will help you get you there.

Here's how to order....(order link)

This is the grip strength accessory you've been waiting for.

And right now, it's only \$24.99.

If you order your FAT Gripz in the next 24 hours, we'll also include a set of our xxx bonus absolutely free.

Order now...(link)

30-Day Money Back Guarantee

If you don't think that the Fat Gripz are helping you improve your wrist, forearm and overall grip strength...If you're not sure Fat Gripz are saving your money, if you're aren't convinced that Fat Gripz are the most versatile forearm strengthening accessory in your gym bag, you may return it within 30 days for a full refund of your purchase price.

Even if you decide to return your Fat Gripz, you can keep the XXX bonus as our gift to you.

Order your Fat Gripz today and start building bigger, stronger, more powerful forearms.  
Link here..xxx