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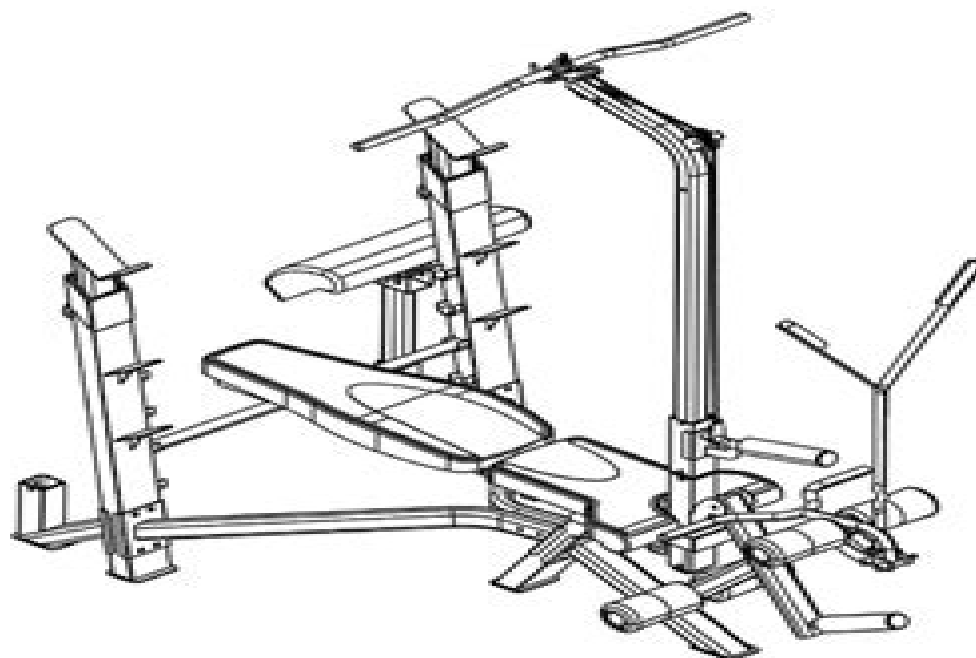
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## IRON GRIP STRENGTH DELUXE COMBO BENCH IGS-8859



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# Iron Grip Strength Igs 4350 Manual

**John Brookfield**



## **Iron Grip Strength Igs 4350 Manual:**

*Popular Photography*, 1988-01      **The Grip Master's Manual** John Brookfield, 2002      **Manual Dexterity, Grip Strength and Level of Endurance** John Thomas Pfitzer, ARMY MATERIEL COMMAND TEXARKANA TEX INTERN TRAINING CENTER., 1970

The research is designed to answer the following questions Does prior loading in terms of grip holding cause a decrement in manual dexterity if a decrement does exist how long does it last and can decrement be predicted from the amount of endurance to which subjects are loaded In answering these questions ten male subjects were tested for manual dexterity using a Purdue Pegboard Conclusions drawn from analyses are as follows muscular loading in the form of grip holding causes a decrement in manual dexterity this decrement lasts for a period of ten seconds or less and there is a relationship between the amount of endurance required by loading and the decrement caused by that loading

Author      **Gorilla Grip (ADVANCED)** Rahul Mookerjee, 2018-03-13

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