PROTOCOL · A FIELD GUIDE BY BAR

THE 4-WEEK UNBREAKABLE GRIP PROTOCOL

Built for lifters, grapplers, climbers — anyone whose grip dies before their muscles do.

EDITION
VOL. 01

VOLUME
4 WEEKS

SECTION
PROTOCOL



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PROTOCOL

THE 4-WEEK UNBREAKABLE GRIP PROTOCOL

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BY BAR LANIADO · @FIT.WITH.BAR

THE RULES

- 4 weeks
- 3 sessions per week
- 5–8 minutes per session
- Equipment: 1 bucket of dry rice (5+ lb)

THE PROTOCOL

01

WEEK 1

WAKE UP THE SMALL MUSCLES

5 drills · 30 seconds each · 2 rounds

01 **Twists** — palm up to palm down rotation in the rice

02 **Internal rotation + twist** — rotate the wrist inward as you twist

03 **Finger spread** — open the hand wide against the rice

04 **Painters** — closed fist, wrist flexion to extension (up-down with the fist)

05 **Rice crush** — full-hand crush + release

02

WEEK 2

BUILD ENDURANCE

Add Thumb Squeeze · 30 sec each · 2–3 rounds

Same 5 drills + **Thumb Squeeze** (pinch rice between thumb and index finger).

WEEK 3

03 ADD A NEW MOVEMENT PLANE

Add Up & Downs · 30 sec each · 3 rounds

Same 6 drills + **Up & Downs** — radial/ulnar deviation (side-to-side wrist movement, thumb-side to pinky-side, hand stays in the rice).

WEEK 4

04 PEAK

Full stack · 30 sec each · 3 rounds

All 8 drills:

01 Twists
02 Internal rotation + twist
03 Circles (palm flat, draw circles in the rice)
04 Painters
05 Finger spread
06 Up & Downs
07 Thumb Squeeze
08 Rice Crush

BEYOND THE BUCKET

BONUS

GYM DAYS (NO BUCKET)

- **Wrist curls** — 3 × 12, light dumbbell
- **Reverse curls** — 3 × 10
- **Ulnar deviation** — 3 × 10 per side
- **Static finger holds** (pull-up bar) — 3 × 30 sec

WHAT TO EXPECT

- **Week 2:** noticeable in lifts (deadlifts, pull-ups)
- **Week 3:** BJJ grip endurance extends into round 4
- **Week 4:** test a dead-hang vs your Week 1 baseline — bank the PR

RECOVERY

CUE

Wrists feel tight after a session? Roll a tennis ball under your forearm for 60 sec each side before bed.

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Questions? DM me on Instagram.

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