

FASTEST WAY TO GET FASTER

The Forearm Crusher

with Jared Falk

a) 

R L R L R L R L R L R L R L

SPEED TEST

60 65 70 75 80 85 90 95 100 105 110

b) 

R R L L R R L L R R L L R R L L

SPEED TEST

60 65 70 75 80 85 90 95 100 105 110

c) 

R L R R L R L L R L R R L R L L

SPEED TEST

60 65 70 75 80 85 90 95 100 105 110