

Name: _____

Team: _____

Land: _____

David Horne's Tri-Grip Challenges

*Collect them all
do something!*

Tri-Grip #1

www.davidhorne-gripmaster.com

Date: _____ Comp: _____ Time: _____ sec. **Standard A** = Two Hands Pinch Lift Hold = 85k, Adjustable Thick Bar Hold = 105k, LeverTop – underhand grip Hold = 29k

Date: _____ Comp: _____ Time: _____ sec. **Standard B** = Two Hands Pinch Lift Hold = 55k, Adjustable Thick Bar Hold = 75k, LeverTop – underhand grip Hold = 21k

Date: _____ Comp: _____ Time: _____ sec. **Standard C** = Two Hands Pinch Lift Hold = 25k, Adjustable Thick Bar Hold = 45k, LeverTop – underhand grip Hold = 13k

Tri-Grip #2

Date: _____ Comp: _____ Time: _____ sec. **Standard A** = HorneTop Hold = 55k, Stub Hold = 19k, Pickaxe Lever to Rear Hold = 6.6k

Date: _____ Comp: _____ Time: _____ sec. **Standard B** = HorneTop Hold = 35k, Stub Hold = 13k, Pickaxe Lever to Rear Hold = 5k

Date: _____ Comp: _____ Time: _____ sec. **Standard C** = HorneTop Hold = 15k, Stub Hold = 7k, Pickaxe Lever to Rear Hold = 3.4k

Tri-Grip #3

Date: _____ Comp: _____ Time: _____ sec. **Standard A** = Two Hands Shallow Hub Key Pinch Hold = 31k, MoonTop Hold = 13k, Pickaxe Lever to Front Hold = 3.8k

Date: _____ Comp: _____ Time: _____ sec. **Standard B** = Two Hands Shallow Hub Key Pinch Hold = 22k, MoonTop Hold = 9k, Pickaxe Lever to Front Hold = 3k

Date: _____ Comp: _____ Time: _____ sec. **Standard C** = Two Hands Shallow Hub Key Pinch Hold = 12k, MoonTop Hold = 5k, Pickaxe Lever to Front Hold = 2.2k

Tri-Grip #4

Date: _____ Comp: _____ Time: _____ sec. **Standard A** = Half a Penny Hold = 14k, Shallow Hub Hold = 21k, Pickaxe Lever to Rear Hold = 6.6k

Date: _____ Comp: _____ Time: _____ sec. **Standard B** = Half a Penny Hold = 10k, Shallow Hub Hold = 15k, Pickaxe Lever to Rear Hold = 5k

Date: _____ Comp: _____ Time: _____ sec. **Standard C** = Half a Penny Hold = 6k, Shallow Hub Hold = 9k, Pickaxe Lever to Rear Hold = 3.4k

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