

# GET A GRIP

DEBUNKING WHAT'S THE  
BEST FOR YOU

FILE-MAGAZINE

VOLUME II

Today we'll explore different ways to "get a grip" while lifting!

Helping make your PT safer and more efficient by knowing the best grips for you.

## A GOLDEN TICKET TO IMPROVE YOUR LIFT

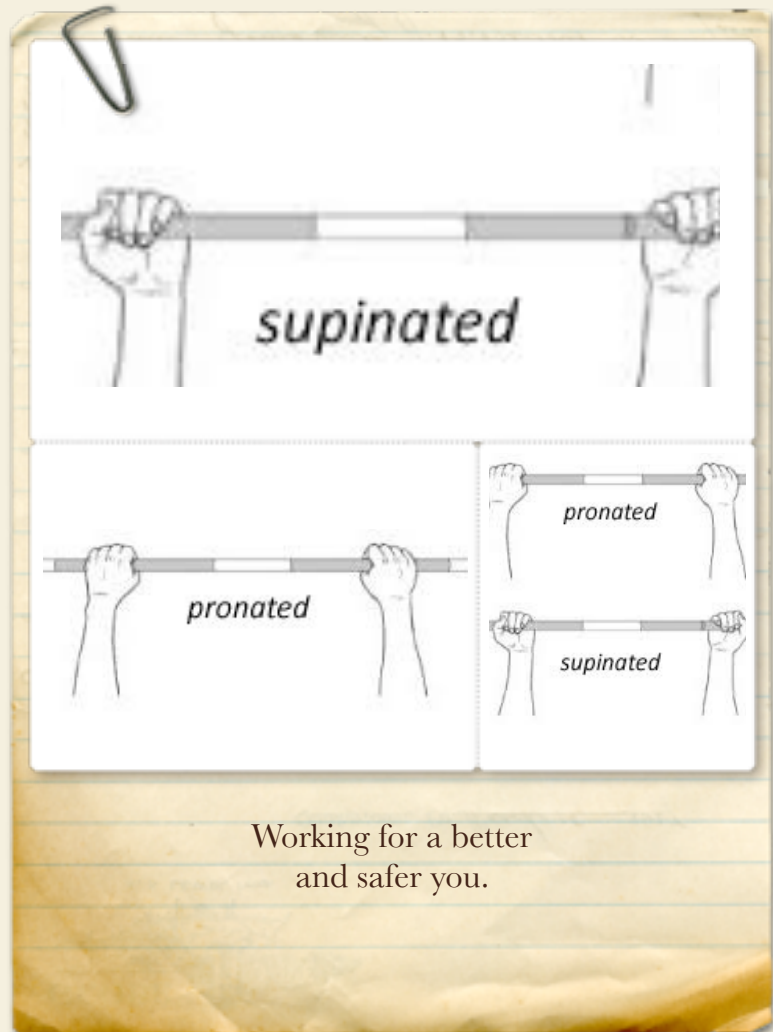
### UNDERHAND (SUPERNATED) GRIP

The underhand grip is conducted by facing both palms towards the ceiling. This grip is primarily used in a "pull" phase of a workout. For example, this is helpful for barbell rows, chin-ups on pull-up bar, curl variations, or lat pull downs. It can be used during a reverse grip bench press as well. This is great for targeting most of your posterior chain of muscles, which includes but is not limited to, mid-back, lats, erectors, shoulders, and core/trunk.

### OVERHAND (PRONATED) GRIP

The overhand grip is the most commonly performed and should feel the most natural. Both push and pull lifts are performed in this style. It can be used in conjunction with the underhand grip to create a hybrid form of lift (aka alternative grip). The false/suicide grip was also derived from the overhand grip.

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# The Hybrid Grip Techniques

The **hook grip** is the most evolved grip and is used for almost all power



and Olympic lifts. Although it can initially be very painful, it is one of the best grips to

master. It stimulates the effects of straps by having the thumbs placed under the bar and gripped firmly (like you would grip a strap). This form promotes a tremendous amount of strength and stability. It is predominantly used for pulling motions (i.e. rows); this style of grip is seen mostly with olympic lifts and Deadlifts.

Up next is the infamous **Alternative Grip**. This is performed with one hand pronated and the other supinated. The



alternative grip gives the best of both worlds. In other forms, especially maximal-effort ones, the hands tend

to slip due to weakness of the grip. The alternative grip counters that error and limits the rolling/slipping of the bar. This style is most beneficial during a deadlift or when spotting a person.

The next grip on the list is the **false grip** also known as the **suicide grip**. The reason for this terrifying name is

the countless number of horror stories of severe injuries due

to the bar slipping. Some lifters have even had their necks crushed! If there is inadequate chalk, an incompetent spotter, or improper finger



tension, this can be a very risky grip. The suicide grip incorporates elements of both the pronated and supinated grips. Like the pronated grip, the back of the hand is facing you. However, this form also cups the bar, allowing it to rest in the middle of the palm and eliminating any use of the thumb. Despite the horror stories and intricate hand placement, this grip is one of the most used in the professional weight lifting industry. The form eliminates wrist torque when loading on weight and helps alleviate shoulder and back pain. This unique style allows for a stronger shoulder contraction and better bone placement, resulting in greater stabilization. Unlike a simple pronated grip, which can result in more frontal position on the joints, this position almost always places lifters on the appropriate position for a bigger bench.

The false grip works well with overhead press, curls, and pull-ups.

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