

BAR GRIPS MANUAL & EXERCISE GUIDE

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In recent years bar grip training has become increasingly popular. Mentioned regularly by pro bodybuilders and strength coaches as the “secret” for building strength and muscle and focusing on those areas that tend to be weaker than others. The thinner the bar, the easier it is to grip. By adding Bar grips you stimulate more muscle fibers in your fingers, hands, forearms and upper arms. As you contract your primary muscles, you are also stimulating the surrounding muscles and connective tissue. A general strength training program will only develop your grip strength up to a certain point. Grip strength is considerably undertrained and can have a vast effect on your total body muscle development. There are several benefits to strengthening your grip such as:

- Hand strength and improved dexterity
- Grip strength for better sports performance such as racquet sports, golf, rock climbing, catching and throwing, etc
- Grip strength for everyday usage such as gardening, opening lids, carrying groceries, opening doors, etc.
- Increased resistance on pulling exercises
- Increased grip strength to perform lifts (you can't lift something if you can't hold on to it!)
- Spreading the weight more evenly across your body, putting less pressure on your joints such as wrists, elbows, and shoulders, decreasing the risk of injury



BAR GRIPS

IMPLEMENTING BAR GRIPS INTO YOUR WORKOUT REGIMEN

It is not uncommon to feel excessive soreness in your forearms upon initial use. When you increase the thickness of a bar, the demand placed on the hands and arms greatly increases. The thickness forces you to use more muscles to grip the bar, amplifying your results by increasing the strength demand.

When starting out it is essential that you reduce the weight by approximately 20% for dumbbell and approximately 40% decrease for barbell movements such as deadlifts, bent over rows, and shrugs. Slowly progress back to your standard weights prior to using bar grips.

INSTALLING BAR GRIPS ON YOUR EQUIPMENT

Easy to use, just open up the crevasse of the bar grip and place it around the bar of your dumbbell, barbell, pull up bar, cable attachments, kettlebell handle, and many more exercise bars and machines. The bar grip will spread the weight evenly across your muscles which will help ease the pressure on your joints.

TIPS FOR USING BAR GRIPS

Limit the weight on your exercises and focus on higher reps and longer time under tension. This is a much safer approach.

Never use a false grip, always retain a thumbs wrap-around grip. It is best to place the opening of the grip facing away from the palm while performing pressing movements such as a bench press, overhead press, shoulder press, etc.

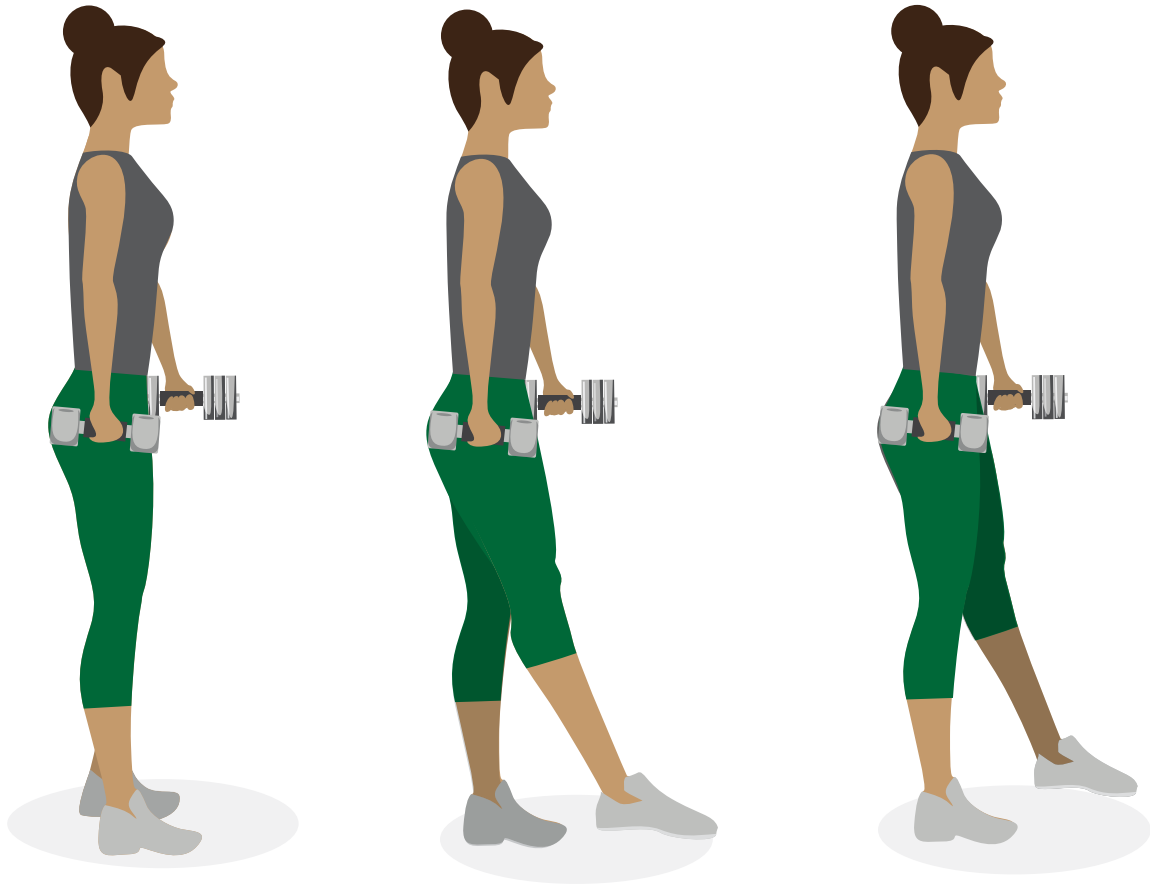
It is best to place the opening of the grip facing your palm while performing pulling movements such as pull-ups, chin-ups, deadlifts, rows, curls, etc.

To clean your bar grips, use mild soap and warm water. No chemicals or cleaning solutions as this will break down the material of the grip and decrease the longevity. Wipe dry with a clean cloth. Be sure that the grips are completely dry before use.



FARMER'S CARRY

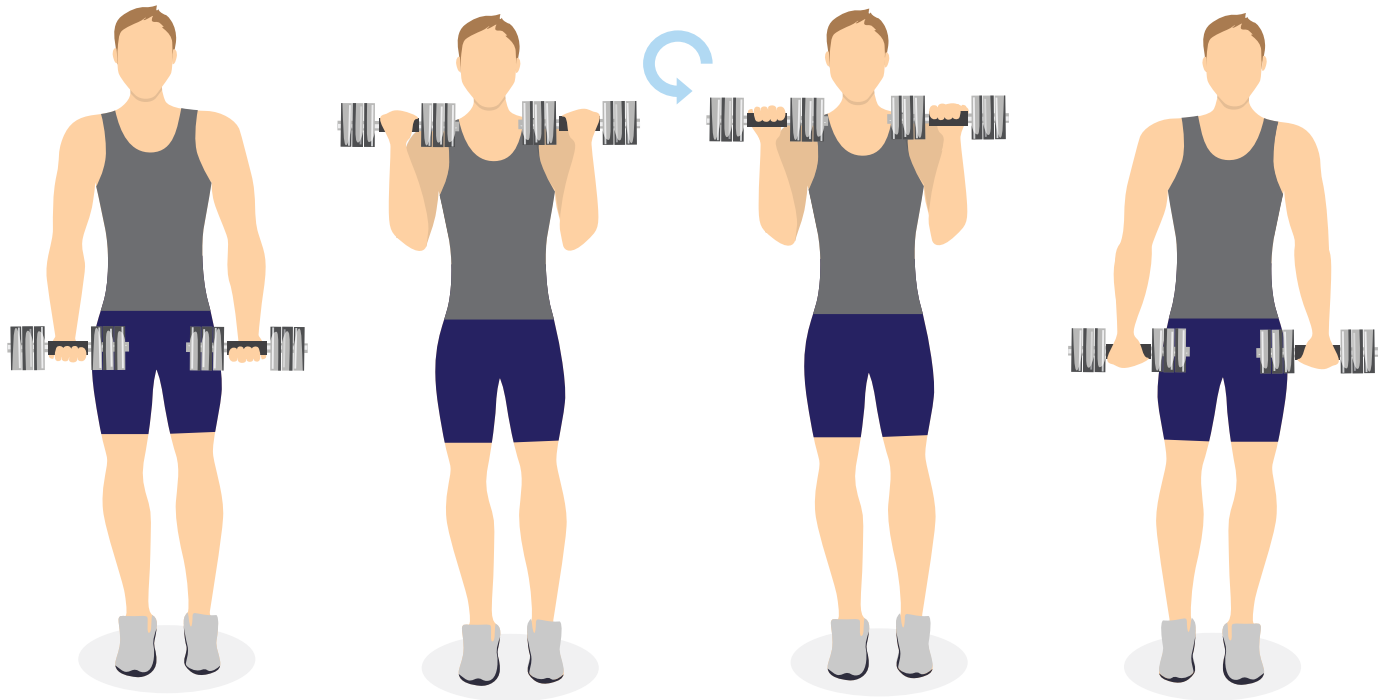
USING VARIED SIZES



- 1** Using two different sizes of dumbbells, place the bar grip on the lighter dumbbell
- 2** Grip in neutral position thumbs forward.
- 3** Walk with good upright posture. Eyes looking forward and chest up. Control your breathing and your core, not walking too fast or too slow. Switch sides.



ZOTTMAN CURL



Zottman curl is a combination of a bicep curl and a reverse curl.

- 1** Stand tall with a dumbbell in each hand.
- 2** Start with a supine grip, palms facing up as you perform a normal dumbbell curl, elbows tucked.
- 3** Pause, flip or rotate your hands over so that your wrist and forearm are in a prone position with your palms facing down as you slowly lower back to start position.



BENT OVER BARBELL ROW

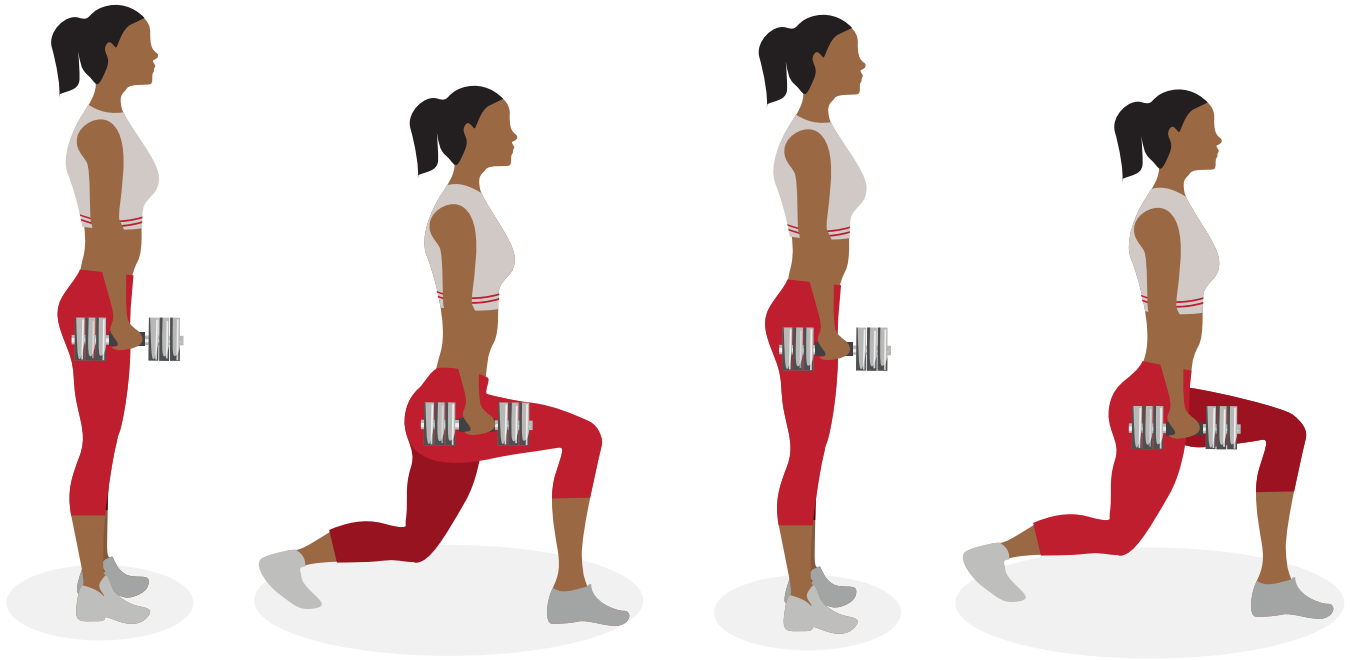


Stand with feet hip-width apart, holding the barbell with a pronate grip (palms facing down), in front of your legs.

- 1** Hinge your hips back toward the wall while softening the knees until the barbell is positioned at or slightly below the knees.
- 2** Pull your shoulders down and back and then move the bar toward the chest while keeping the elbows close to the body and only use the forearms to hold the weight.
- 3** Inhale and slowly return to the start position.



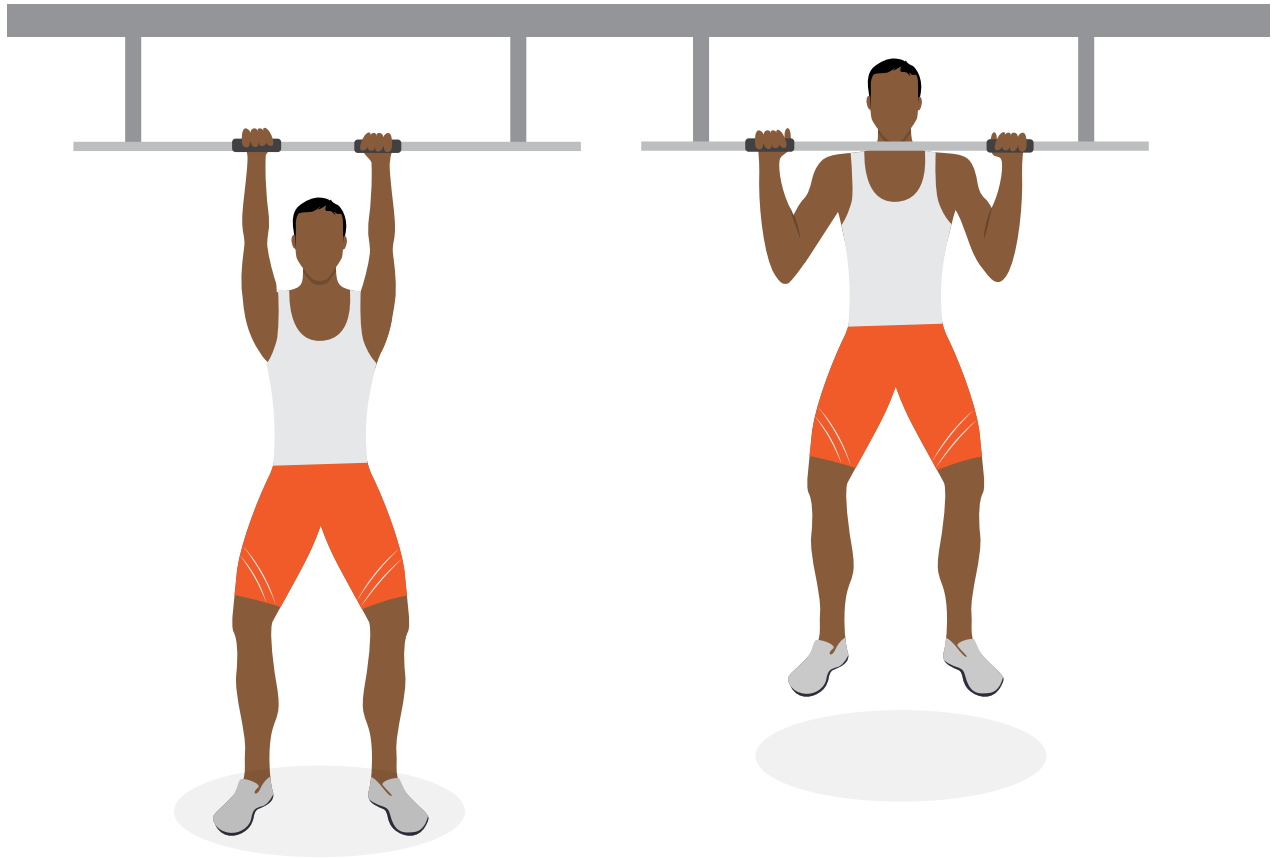
WALKING LUNGES



- 1** Standing straight, shoulders back, eyes looking straight ahead.
- 2** With a dumbbell in each hand, arms relaxed straight down, close to your sides.
- 3** Step forward with your right leg, placing your weight into your heel. Bend your right knee, lowering down so that it is parallel to the floor, being careful not to extend your knee over your
- 4** Pushing up through your heels to an upright position, repeat with the left leg.



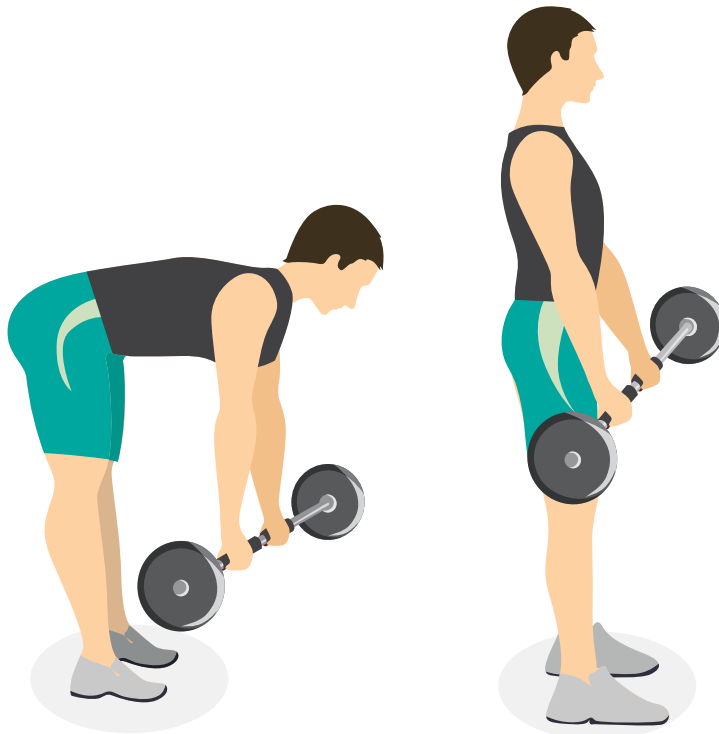
PULL UPS & CHIN UPS



- 1** Grip a chin up bar with hands placed slightly wider than shoulder width apart, palms facing towards you.
- 2** From a hang position, without letting your elbows flair, pull yourself up by raising your rib cage toward the bar, arch the back and set the shoulders, until your chin is level with the bar.
- 3** Slowly lower until your arms are fully extended. Back muscles are supposed to be the primary focus when performing pullups.



DEADLIFTS



- 1** Standing with your mid-foot under the barbell, feet placed hip width apart, toes slightly outward. Bend over and grab the bar with your hands placed shoulder width apart.
- 2** Bend your knees until your shins almost touch the bar. Lift your chest up and straighten your lower back, engage your core.
- 3** Keeping a neutral lower back, pick the bar up off the ground, pressing through your heels, keeping the bar close to your body until standing.
- 4** Squeeze your glutes at the top of each rep
- 5** Bending at your waist and keeping the bar close to your body, lower the bar to the ground, bending your knees once you have passed your knees with the bar. It is important not to round your back through this motion as it will put undue stress on your spine and lower back.

