



Home Made Grip Devices

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author of

BULL STRENGTH



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Grip training is often the forgotten element in many training programs and can be done inexpensively. Over the last few months I have made numerous grip training devices out of things laying around the garage so that I can incorporate more grip strength into my program.

I wanted to write this article in order for people to understand that they don't need to spend hundreds of dollars on gripping equipment. Many of these items can be made. Some of these ideas I have read about on the internet, while some are special creations!

Four-Inch Pickup

After making a slosh pipe, I had about a foot of 4-inch PVC left over. I wrapped it in some athletic tape and put an eye bolt through it. I just use a carabiner and chain to hook weights to it and use it for pick-ups. We either go for reps, weight, or time held.



Softball Pull-Ups

I first saw the softball grip in one of Jedd Johnson's articles. He created a great dipping device by using a lag style eye bolt. Instead of using a lag bolt, I drilled through the ball and put a lock nut and washer at the far side. This will give it more strength while hanging from the softball grips.



Pipe Pull-Ups

Take a chain and loop it around a beam as shown, or hook them over the pull-up bar on a power rack. Stick the pipe vertically through the chain and put a large clip at the end. The purpose of the clip is just to keep the pipe from sliding off.



Hub Trainer #1

Hub lifts are very difficult but impressive. My brother and I do not have any deep hubs to help us out either. Last week we had a hub trainer making contest. I will show you both ideas. I made mine first using two hockey pucks and one bolt. I drilled a hole in the middle of both hockey pucks and put one on each side of the hole. I bolted them together tightly and that's all it took! Now I had a hub add on.

My brother's idea was similar. He used a hockey puck, two bolts, and washers. He drilled two holes in the hockey puck and put washers on the back side to hold them in place. It worked fine, but the first description was cheaper and easier.

Joe's Version





Pat's Version



Hub Trainer #2

This device has been made before, but works great. I saw Brad Martin using one, and he has forearms the size of my calves. Again, you will need a hockey puck. Drill a pilot hole in the middle and then screw in an eye bolt. Use a chain to hook around it and lift.



Stone Pinching

This one is pretty self-explanatory. Go find a stone that fits well with your hand, then pinch it and lift it. You can also use it for hand-walking or for swinging.



Thick Wrist Rollers

PVC is a very useful and cheap product. I made a 1 ½-inch, 2-inch, and 3-inch wrist roller. In order to have them work as rack mounted rollers, tape or hose clamp the rope to the outside of the pipe. If you put it through the middle, it will get caught on the rack pins. Tie a carabiner at the other end, hook it around weights, and roll!



Rolling Pull-Up Bar

Use about 3 feet of pipe. Galvanized is cheaper than black iron. Use chains to hang the pipe from the ceiling. Make sure you put something on the ends to keep it from sliding off of the chains. It is much more difficult to perform pull-ups on the rolling bar. To increase difficulty even further, slide a piece of PVC over the bar. This will increase the thickness and difficulty.



Homemade Thick Grip DB

I'll put these in list format, since there are some important safety measures! Instructions to make a thick grip dumbbell:

Bar Pin or End

1. Unscrew the pin off of the end of the bar (usually can be done by hand or with an allen wrench unless it's a spinning power bar).
2. Load a weight all the way to the end and clip it there.
3. Approximately 4 ½ inches in from the other end, put a reliable clip on the bar.
4. Load another weight on it plus 2 ½ lbs and clip it. If you do not have 2 ½ lb weights at your gym, move the weight in slightly and use a 5.
5. **VARIATION FOR OVERHEAD LIFTING.** The clips are fine for lifting, curling, rowing, etc., but if you are going above your head you will want something more reliable. Instead of using clips inside the weight, use hose clamps. Screw them on tight and the weights won't move.



110 Lb Dumbbell Clean and Press



110 lb Thick Dumbbell Snatch (when we realized we needed hose clamps!)



Conclusion

There is no excuse for not performing grip exercises as a regular part of your program. Above are just a few examples of gripping instruments that can be made extremely inexpensively. Find an object that is hard to pick up and use it!

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