

GRIP TRAINING FOR YOUR DEADLIFT
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FOR ELITEFTS

HAVE TROUBLE OPENING JARS? YOUR HANDS LOOK LIKE SOMEONE WHO GOT SMASHED BY A HOUSE IN THE WIZARD OF OZ? YOU'VE GOT PROBLEMS. WELL, FORTUNATELY YOU ARE DOING SOMETHING ABOUT IT. YOU ARE ACCESSING A WEALTH OF KNOWLEDGE, ON THE GREATEST POWERLIFTING SITE ON THE WEB – WWW.ELITEFTS.COM. TO INCREASE YOUR BENCH, DEAD AND SQUAT, ONE ESSENTIAL ASPECT EVERYONE FORGETS – IS STRENGTHENING YOUR GRIP. GRIPPING THE BAR WITH THE STRONGEST / TIGHTEST GRIP POSSIBLE IS ESSENTIAL FOR LOCKING YOUR BODY INTO A SOLID, WEIGHT BEARING STRUCTURE. THERE ARE MANY DIFFERENT TYPES OF GRIP STRENGTH; SUPPORTING, PINCH, CRUSH, LEVERING, BENDING AND TEARING – FOR INSTANCE. FOR THIS ARTICLE WE WILL FOCUS ON SUPPORTING STRENGTH AS IT PERTAINS TO YOUR DEADLIFT.

HERE ARE 3 QUICK, SIMPLE EXERCISES THAT WILL HELP INCREASE YOUR DEADLIFT GRIP.

1. DOUBLE – OVER-HAND DEADLIFTS (DOUBLE PRONATED)

THIS SIMPLE ADJUSTMENT TO YOUR NORMAL ALTERNATED GRIP, WILL PROVIDE HUGE GAINS IN YOUR SUPPORTING STRENGTH DURING COMPETITION AND TRAINING. TAKE YOUR NORMAL DEADLIFT STANCE, CONVENTIONAL OR SUMO, LOAD DOWN INTO THE BAR, AND GRASP THE BAR WITH A DOUBLE OVER-HAND GRIP. YOU WILL BE QUICKLY HUMBLLED BY THE AMOUNT OF WEIGHT YOU CAN PULL. TYPICALLY, A PERSON WHO HAS NEVER DONE THIS WILL ONLY BE ABLE TO PULL AROUND ONLY 60-70% OF YOUR 1RM, ESPECIALLY IF YOU ARE LOADING WITH BANDS. THE WEIGHT WILL ROLL RIGHT OUT OF YOUR HANDS! DURING YOUR NORMAL TRAINING DAY, USE THIS GRIP UNTIL YOU CANNOT HOLD THE BAR ANYMORE, THEN SWITCH TO YOUR NORMAL ALTERNATED GRIP, AND FINISH YOUR WORKOUT.

2. THICK BAR LIFTING

GO TO THE JUNKYARD AND GET AN 8' PIPE, ANYTHING CLOSE TO 2" OD (OUTSIDE DIAMETER). TAKE A 2 ½ LB PLATE WITH YOU TO MAKE SURE IT WILL FIT ON THE PIPE WITH THE LEAST AMOUNT OF FREE SPACE. USE THIS BAR EVERYDAY; FOR CLEANS, DEADS (DOUBLE OVER-HAND, OR ALTERNATING), MILITARY PRESS, BENT-OVER ROWS, BENCH OR ANY EXERCISE YOU CAN USE A REGULAR BAR FOR... THE FINGER / WRIST STRENGTH YOU WILL GAIN FROM INCORPORATING THICK BAR WORK WILL TRANSFER YOUR GRIP STRENGTH OVER TO NEW PR'S.

3. WIDE PINCH

WORKING YOUR GRIP IN THIS OUTSTRETCHED POSITION, WILL TAX THE ENDPOINTS ON YOUR FINGERS AND TEACH

YOU TO FLEX THE PALM OF YOUR HAND. THIS IS ONE OF THE KEY COMPONENTS TO OVERALL HAND STRENGTH. HOW DO YOU WORK WIDE PINCH IN A TYPICAL GYM? GRAB 3 X 25'S AND PLACE THEM ALL TOGETHER, WITH OUTER 2 – 25'S SMOOTH SIDE OUT. GRASP THE 3 X 25'S WITH A DOUBLE OVER-HAND GRIP (FINGERS ON THE OUTSIDE OF THE STACK OF WEIGHTS) AND PICK THEM UP. HOLD THEM FOR TIME. NOT TOO HARD? TRY THIS: 3 X 35'S! PICK THEM UP AND HOLD FOR TIME. HOPE YOU DON'T PLAN ON USING UTENSILS WHEN YOU EAT NEXT, BECAUSE YOU WON'T BE ABLE TO HOLD A FORK...! FOR A VARIATION, GRAB THE 3 X 25'S OR 3 X 35'S WITH A DOUBLE UNDER-HAND GRIP (SUPINATED, THUMBS ON THE OUTSIDE OF THE STACK OF WEIGHTS).

CYCLE THESE 3 TIPS INTO YOUR TRAINING AND YOUR DEADLIFT GRIP WILL BE SOLID AS A VISE. ALWAYS THROW THEM IN AT THE END OF YOUR WORKOUT BECAUSE YOU DON'T WANT YOUR GRIP TO BE A LIMITING FACTOR FOR YOUR CORE EXERCISES. BELIEVE ME - YOUR HANDS WILL BE DESTROYED!