

Diesel Quick Grip #1

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The Reverse Hook Grip

Your erectors look like steel cables, your hamstrings are dense and you train your ass off. So why can't you deadlift more than the stoner who works the slurpee machine at the convenience store. Well, maybe it is because your hands are dainty and you get manicures. Listen up, if you don't have a strong grip, you are not going to be able to pull big, because you're going to be limited by your grip strength. To complete the chain and to produce optimal power output – you need to develop your weakest links – and in most cases – that is the athlete's grip. This article will discuss a quick tip to instantly improve your grip.

Dave Tate, the owner of Elite Fitness Systems, asked me to write a periodic grip tip to get some information out to the masses about different ways to incorporate grip into your routine. In the first installment we will be discussing the **Reverse Hook Grip**.

The **Reverse Hook Grip** is not contained in the Karma Sutra book and will not make you go blind – but it will give you a new perspective on how small changes in your grip can lead to large gains in your support strength. Remember - it can be used for gripping the bar for deads, bench or squats. It will lock your hand on the bar like never before.

How to setup the **Reverse Hook Grip** is simple – first you need to chalk your hand up in three locations: the palm of your hand, the web between your pointer finger and thumb AND on the back of your fingers. The last location might come as a surprise – but you will see why, in a few moments.



The next step you will need to do is to bury your thumb into the Olympic bar. As you press the web of your thumb into the bar, twist your fingers onto the bar. You want to plant your thumb as the anchor and grab and

twist your fingers, while keep your thumb pressed firmly into the bar – note: it is best if you grab the bar and twist a couple of times. This will lock your hand onto the bar like a vise.



The final step is the most important step. Dependant upon your thumb size and the thickness of your hand - it will vary where your best position is for step 3. Your thumb will now be placed on the back of your fingers (this is why we chalked the back of your fingers) to lock in the **Reverse Hook Grip**. If your thumb is longer and your hand is not very muscular you might be able to plant your thumb somewhere between your pointer finger and your middle finger. If your thumb is short and your hand is thick, you might only be able to plant on your pointer finger. Either way you will migrate to the best position for you. In the pictures below you will see first, the typical grip taken by a lifter. The thumb is to the side of the fingers and is only providing a fraction of the strength it is capable of when gripping the bar. The second picture you will see the **Reverse Hook Grip** locked in on the pointer finger. Finally, the third picture shows the lock in between the pointer finger and middle finger.



This subtle difference in your grip will allow you to concentrate on your primary focus for the workout and not be limited by the grip component. In the next Grip Tip – we will discuss how to strengthen the weakest fingers on your hand.