

LET

FLY!



WHAT IS IT?

The pinch plank is a 9 foot long piece of rafter wood measuring 2" thick. Two holes are drilled into the ends, and short pieces of 1" diameter bar are held in place with squeeze collars. Weight can easily be added to the rods on both ends of the plank – evenly, of course! A line is drawn to mark the centre so that it is easier to place the hands evenly when lifting.

HISTORY

In the past, pinch cleaning has been performed mainly using discs, and adding weight to these can be dangerous and cumbersome. This method of pinching has allowed barbell exercises with a pinch grip that have not been previously available to me. Records with a plank apparatus to date are as follows: Warren Lincoln Travis snatched 140lb (63kg) on a 3" wide plank. Arthur Saxon snatched 180lb (81.6kg) on a 4" wide plank (according to Harry Paschall, who saw him perform the feat with the Ringling Brothers circus in 1912, although the accuracy of the weighing process is uncertain).

Records with this apparatus to date: David Horne: 101kg for 3 deadlifts, 91kg for a high pull.

GOOD FOR...

After performing repetitions with this equipment, especially as it is kind on the hands and allows a great deal of volume to be done, everybody who has used it has noticed a marked improvement in their standard of pinch lifting. It noticeably tires the thumbs and thumb mound, leaving them sore for the next day or so, as many pinch exercises do not.

USES...

This has been an invaluable aid for bringing on pinch lifting through volume work. We have found it best done with a towel over the plank before pinching, as this prevents the skin from tearing, especially when the exercise is practised frequently. To improve the pinch grip, we have used the plank for timed holds, reps, high pulls (as David is pictured doing with 81kg) and deadlifts. It has proved a very useful piece of apparatus and the best manner I have found of producing a pinch barbell.