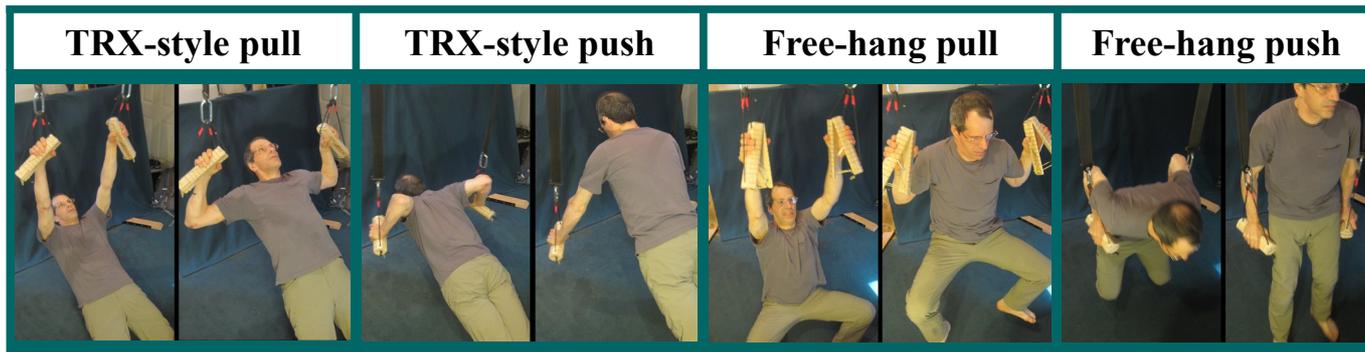


GRIP CAT: BASIC ROUTINES AND DESCRIPTION

The Grip Cat may help you increase grip and upper-body strength, rehab your fingers and elbows, and keep your core in condition. Its unique use is to help you master progressively harder pinch-grips.

For grip routines, start with leg assists (i.e., TRX-style pull; see below) until your grip strength is sufficient for free-hangs. Progress through the grip positions and difficulties. Use hangboard-type sets (e.g., 7-sec on, 3-sec off, 5 or more 1-min sessions, each session separated from the previous by ~5 min). Note: grip orientations (1) and A) to I) below refer to images in the poster.

For upper-body and core routines, see the four main types below.



For finger and elbow rehab, do wrist rolls using grips H and I below.

Description of grip orientations

(1) Horizontal standard. Both cords, knots on bottom →  Use for pull and push routines.

A) Easy tilt →  Top cord doubled back, lower cord knot on bottom. Easiest pinch grip.

B) Steep tilt. Lower cord knot released from bottom →  Slightly harder pinch.

C) Steep tilt with small opening →  Open up the inside angle in 7 increments, as in D).

D) Steep tilt with wider opening. Allows wider, harder grips for the lower notches →  At a given setting, this is harder than D).

E) Opened up, straight. Unclip bottom cord → 

To progress in pinch-grip difficulty for C), D), and E), move hands lower, one notch at a time.

F) Standard straight grip. As in E), but closed up → 

G) Slight tilt →  Release knot from clip. Slightly easier than F).

H) Unstable horizontal. Two cords pull on opposite sides. Various positions possible → 

I) Wrist curl. Roll horizontal bar up front or back →  Needs no weighting.