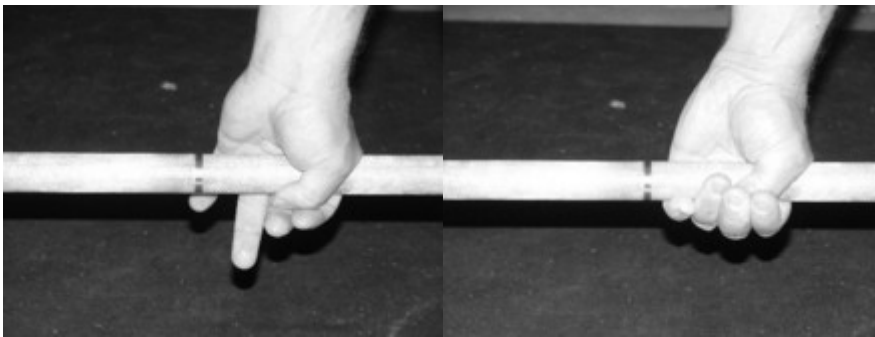
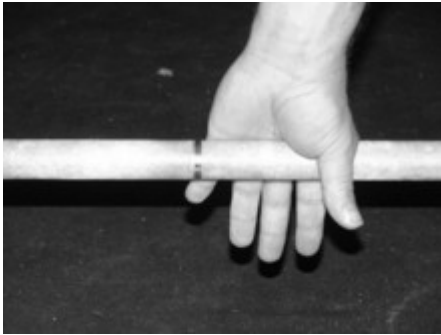


The Hook Grip



1. Apply firm downward pressure on the bar.
2. Tuck the thumb and "lock it into position with the nearest two fingers.
3. Confirm the grasp by wrapping the rest of the fingers on the bar.
4. Maintain this grip with firm, not tense pressure.

The hook grip allows the user control the bar and open or release the weight using less forearm strength.

The Hook grip is not a comfortable position. It takes a little time to acquire comfort, but it is essential for the efforts here regarding moving weight in Olympic weightlifting fashion.