



A Grip Tip

By Matt Brzycki

A powerful grip is a sign of a powerful individual. On the wrestling mat, your grip strength is extremely critical in controlling your opponent; in the weight room, your grip strength is also important since it is used in many multi-

ple-joint movements that target your upper torso. Remember, too, that grip strength is not limited to athletic endeavors - an abundance of everyday activities also involve gripping.

So the importance of having a strong grip is well established. Of the muscles

that are involved directly with gripping, the ones that receive the least amount of attention are those that flex your fingers. Also consider this: A study in the February 2002 issue of *Biomechanics* determined that the four fingers do not produce equal amounts of gripping force. This informa-