

Guillermou

Very complete and detailed article for hanging suspension. The various modalities of suspension training is a combination of unique training movements aimed at improving strength, endurance, coordination, flexibility, power and core stability in a single workout. Suspension training is marketed as a cardiovascular and resistance training exercise modality performed as circuit training, in which a series of exercises are performed in rotation with minimal rest time. Objective: The purpose of this study was to determine the effects of suspension training on physiological and metabolic markers of intensity and performance. The results indicate that a suspension workout with a 30-second:60-second work-to-rest ratio provides at least a moderate-intensity cardiovascular workout, while some data suggests higher intensity.

Interval training leads to adaptive responses by the body such as increased blood volume and capillary proliferation which helps in oxygen supply to muscles. The suspension training exercise program can be a useful tool for weight loss and fitness improvement. Both are directly related to better health and decreased mortality from all causes. www.researchgate.net/profile/Wd-Dudgeon/publication/274373145_Physiol.. (2015).-- In one review, muscle activation in various muscle groups was greater with suspension exercises compared to comparable traditional exercises, except for rowing. www.tandfonline.com/.../14763141.2018.1472293 (2018).--

Posted On 03/29/2024

Guillermou

Included in this review are studies that investigate the effect of suspension exercises on muscle activations and compare them with their conventional counterparts. It was observed that suspension exercises increased activation in most muscle groups compared to conventional exercises, while there were no differences in activation in specific muscles. Therefore, it is essential to use a combination of traditional and suspension exercises for optimal performance with individualized planning. dergipark.org.tr/.../1180275 (2023).-- This article is very complete with exercises, including weight exercises to improve and stretches to improve grip strength.

Improving grip strength also provides:---- 1. Reduction in risk of carpal tunnel syndrome diagnosis.-----
- 2. Better fine motor skills. Stronger hands make everything a little less complicated.----- 3. Improved resistance to arthritis.--- 4. Reduced risk of tendonitis.--- 5. Muscle mass gains through strength improvements.---- 6. Those strength improvements we just mentioned.--- 7. Decreased risk of injury in the gym.--- 8. Fewer trips to and from the car after shopping trips.---- www.menshealth.com/.../grip-strength

Posted On 03/29/2024

juststeve

Hey Gui, what a neat easy to do for those with limited time or access to more intense exercise programs of equipment. Usually there is somewhere in the home, or close by one can find to hang around. Not a big-time eater with possible big dividends. On a personal note, while not focused on in the article using the practice of hanging around was used to realign the back in the area between the shoulders. Great relief. However, this also points to a need for caution and to know your body and its limits. While most likely little to no issue for most, if one has had certain injuries to the back or shoulders they should approach with caution, some may need to avoid it completely.

Also, too, am aware of a person who has lost the use of the hands and lost much muscle mass in the arms in a scant few years. The problem first seem to arise in the shoulders and then moved on down through the arms to the hands. Well on their way to the medical system and all that. That may be useful as to see and find the source and then to figure out if something as simple as hanging around a few times a day might possibly reverse it all.

Posted On 03/29/2024

Guillermou

Just, good personal notes. Also, you practice blood flow restriction (BFR), you surely know its usefulness for grip strength. High-intensity training methods are generally recommended to increase muscle mass and strength, with training loads of 60-70% 1RM for beginners and 80-100% 1RM for advanced individuals. Training with blood flow restriction, despite using lower intensities (30-50% 1RM), can provide similar improvements in muscle mass and strength. However, studies commonly investigate the effects of blood flow restriction training on large muscle groups, while there are few studies that investigated those effects on smaller muscle groups, such as muscles involved in gripping (e.g. , wrist flexors; finger flexors). BFR performed with low to moderate intensity loads was more effective in increasing grip strength and forearm muscle volume compared to traditional training.

This study provides evidence that BFR can be an upper extremity muscle strength training tool, is relatively easy to administer, and had no adverse effects. www.ncbi.nlm.nih.gov/.../PMC7727424 (2020).--- Also in this study, low weight BFR training provided a greater increase in strength and hypertrophy in the proximal and distal muscle groups of the upper extremities compared to the control group. The limb without BFR showed a significant increase in grip strength compared to the control group, indicating a possible systemic effect.

www.sciencedirect.com/science/article/abs/pii/S1058274620301804 (2020).--

Posted On 03/29/2024

Guillermou

Incorporating BFR into low-intensity isometric training led to a cross-education effect on strength that was larger than that of all other groups (including high-intensity training. link.springer.com/.../s00421-023-05386-y (2024).----- In this study, the influence of two different photobiomodulation therapy (PBMT) protocols (red 660 nm versus infrared 830 nm) combined with a blood flow restriction (BFR) training protocol on the wrist extensor muscles in the hand grip, wrist extension strength and electromyographic behavior. The association of PBMT (660 nm) and BFR was effective in increasing the grip strength of the wrist extensors, associated with an increase in RMS.

www.liebertpub.com/.../photob.2019.4800 (2020).---

Posted On 03/29/2024

juststeve

Great addition of consideration Gui. The blood flow restriction (BFR,) is an excellent source for extreme injured or those who have already lost muscle mass in order to possibly be able to take on tougher, harder measures later.

Posted On 03/29/2024

Guillermou

And you, Just, also do agricultural work. The farmer's walk is a versatile compound exercise used in functional workouts like CrossFit and Hyrox. You can choose to carry two dumbbells or challenge your balance and stability by working unilaterally (one side only) carrying one dumbbell. Either way, strength gains are at stake. Other benefits of the farmer's walk include building muscle, improving grip strength, and developing lower body power. The movement is considered an isometric and isotonic exercise; Isometric refers to a static exercise that puts muscles under stress without the muscles lengthening or shortening (in this case, the shoulders and core muscles), while isotonic includes dynamic movements such as walking.

During a farmer's walk, his shoulders are kept under tension, challenging his postural stability, control and balance under load. The other muscles, including the trunk and legs, move under that load, which helps build strength throughout the body. Research has shown that the farmer's walk could be an "effective lifting alternative to the deadlift" with less stress on the lower back muscles and similar activation. www.tomsguide.com/news/clone-i-did-the-farmers-walk-every-day-for-one-..

Posted On 03/29/2024

dahl2021

It is surprising to me the difference in the grip strength of men, even elderly men to women in their strongest years. No wonder women get discouraged competing against men who 'think' they are women.

Posted On 03/29/2024

weehen

This is great, and very encouraging. We have this bar in our garage but I feel a bit intimidated by it, but this article helps me to just build up from 15 seconds (or whatever) gradually. I am wondering though my grip and shoulders are fine, but the skin on my palms is what hurts the most. Should I get gloves or something, or is building up hand callouses what one does? My pads on my palms below my fingers feel quite rough and sore after doing this, but I don't think that is really a measure of my grip strength?

Posted On 03/29/2024

Swilliam

Neoprene (or other padding) ventilated fingerless WORKOUT GLOVES sound like they might be what you need, @weehen. By the way, you have za BEST avatar! :3

Posted On 03/30/2024

weehen

@swilliam - thank you, I will try those!

Posted On 03/30/2024

MrRiccardo

Good morning dear friends. As I had already written, I read a lot of good advice, but in the case of exercises, it would be really helpful to publish videos as well. It is thanks to Dr Mercola's video exercises that I have learnt many movements that I practice regularly, but thanks to the videos I learnt much faster and do them precisely. Maybe I am wrong and don't know where to look, but it would be super helpful to find videos of Dr Mercola explaining exactly how to do the exercises correctly. If the explanation is only written down, we can make mistakes that are harmful to the body. If you have any links to videos, I would be grateful. Thank you and take care.

Posted On 03/29/2024

Almond

Hanging out like a bat sounds like fun, but not all of us have bars in our homes or go to a gym.

Posted On 03/29/2024

stoneharbor

Actually, as I posted elsewhere, hanging out like a bat is tremendous fun, Almond. There is something very liberating about it. And also I mentioned that you can do grip training even just with the steering wheel in your vehicle. It's not going to give benefit to your spine and back musculature like hanging, but certainly will build grip, and depending on how much you drive, you might even get to increase your grip during a whole half-hour session in you car when otherwise your time on the road is wasted.

Posted On 03/29/2024

Unmasked

Almond, like you, I don't have a bar in my home. Often, a person can find a bar nearby to hang out, but not for the likes of you and me. :-)

Posted On 03/29/2024

Almond

stoneharbour... Sort of like gripping the wheel during rush hour? ; -)

Posted On 03/29/2024

Guillermou

You should never shake hands with a bald eagle because its talons have a killer grip. An eagle's gripping power comes from the muscles, tendons and bones in its legs. When an eagle contracts the tendons in its legs, the muscles close the bird's talons. Tendons are contained in tendon sheaths, and both tendons and tendon sheaths have small ridges. When an eagle's tendon contracts, the tendon ridges and sheaths interlock, creating a "ratchet" effect that allows the bird to keep its talons closed for long periods while subduing large prey. According to scientists at HawkQuest, an environmental education nonprofit in Colorado, the bald eagle's grip strength is ten times stronger than the average grip of an adult human hand.

A bald eagle can exert more than 400 pounds per square inch and its eyesight is 8 times stronger than ours. The bald eagle, a year-round resident of Big Bear Lake, has long been an emblem of national strength and freedom. But when it comes to this majestic bird of prey, there is more than meets the eye. Here are ten facts you might be surprised to know about bald eagles: chirpforbirds.com/avian-inspiration/10-amazing-facts-about-bald-eagles.. .---- avianreport.com/bald-eagle-talons .---- intobirds.com/bald-eagles-talons-have-killer-grip .---

Posted On 03/29/2024

LSquare

There's always a workaround or improvisation for that which we don't have. Go to a park and hang from the monkey bars. If you're on Medicare, get a Silver Sneakers gym pass, or get a \$30 pull-up bar and hang it on your door frame. He's not talking about a \$1000 Katsu kit or a \$4000 sauna.

Posted On 03/29/2024

stoneharbor

Yes, Almond, sorta like that! Actually. I found the wheel gripping very handy for warming up as I drive about 20 minutes, almost every day to go play pickle ball. By the time I get there, I can have my grip plus my arms and shoulders somewhat warmed up just by doing isometric things with my muscles while I am holding the wheel very tightly.

Posted On 03/29/2024

stoneharbor

Thanks Gui For mentioning the eagles ridges inside their tendons and tendon sheaths. I'm wondering if most perching birds don't also have these ridges. And that's why they can sleep all night on a perch without falling off. Once perched, they are locked in place.

Posted On 03/29/2024

grulla

Speaking of dead hanging and bats, I once knew someone a long time ago that dead hung by his feet or ankles, claiming among other things, to stretch his spine. More recently, I've seen TV ads by the old Teeter geezer guy; teeter.com/product/ep-560/?gad_source=5&gclid=EAlaIQobChMIjdaYt9KZ..

Posted On 03/29/2024

kwik54

Adjustable pull-up bar for doorway. Available at Amazon and any place that sells exercise equipment for cheap money. I have one in my bedroom doorway.

Posted On 03/30/2024

stoneharbor

I really like this type article that Dr. Mercola has been producing for years. I mean physical training ideas that give great results in less time than the other, more traditional forms of exercise. Many years ago he focused on High Intensity Interval Training (HIIT). Only in the last 2 months he focused on Isometric routines that he claimed built muscle faster and with less chance of injury, but also could reduce one's systolic blood pressure up to 10 points. And today we have the Dead Hang with similar advantages. This one especially appeals to me as there is a great "monkey memory" feeling I've always gotten from hanging (or from my 20's, swinging) from a bar or on playground equipment.

I have always gotten into at least these 3 body building methods provide by Dr. Mercola with great enthusiasm, and I still continue them, on and off. I am still running sprints now, though not every single week or even month, and I am over 80. I also regularly work out with dumb bells which helps with grip strength, but in the last 2 months I applied Dr. Mercola's isometric ideas to my regular squats, curls and presses such that I did less reps, but included an isometric phase to each repetition so that I was using less repetition, but instead, getting more isometric stress.

I believe it was also Dr. Mercola who originally got me into doing reps in a "super slow" style where both the contraction and the extension component last at least 4 seconds. The slowness is very valuable as it builds muscle with less reps, but also with less chance of injury. Since I was young, and starting to use weight, I realized that "counting reps" (and also trying to build up to "more weight") contributed to using destructive, jerking motions by the lifter, and the jerking was usually what caused injury.

Posted On 03/29/2024

stoneharbor

Injury avoidance is of critical importance as we age, as recovery from injury takes longer and can destroy any exercise routine for months if you mess up. On this latest idea of increasing grip, once I started following Dr. Mercola's isometric ideas, I realized I can use isometric training all day long: Like while I stand at my desk, I can be on just one leg, or as I drive my car, I can grip the steering wheel strongly for a dozen minutes in a row. At the same time I can press the wheel different directions. I don't mean turn the wheel, I just mean try to compress the sides I'm gripping together, or pull them wider apart.

Sure, the wheel doesn't come apart, but I get a great isometric exercise while I drive straight down the road, eyes on the outside world. This is isometrically contracting my chest or my back muscles. I can alternate which of those muscles I am contracting, all while keeping a strong grip on the wheel. All a very timely way to build muscle. And for these exercises, (and also for the new dead hang exercise) you can always slightly change the angle of your wrists to build strength of your forearm muscles. I am already tempted to use my shoulder set of muscles to do a little bit of "swinging" as I do dead hangs now.

Everything in moderation of course! I'm thinking if people don't have a bar handy to hang from, they can still do grip training with a weight set, or even just dumb bells. Lift the weights to a stand, and then just hold on. While standing with the weights, you could then practice some balance measures, like transferring 90% of your weight on one leg, then on the other. Or do the body twisting slightly, as Dr. Mercola suggested for the dead lift. What fun! Just be careful, because your entire body weight is involved in the dead lift exercises, and too much twisting can easily be stressful.

Posted On 03/29/2024

juststeve

So, agree Stoneharbor. Providing measures for those who just can't engage with the usually pushed, often too extreme programs offered by other sources are very much appreciated. Personally know individuals who have never engaged with weight training and had opted for isometric training for strength instead. For those who not in the know, it would have been a very bad mistake to give those people grief. They were much stronger, tougher than what the eye would have one believe.

Posted On 03/29/2024

Guillermou

Good recommendations. Grip strength is necessary to perform many daily tasks, as well as for various sports. It is also essential for weight lifting. How strongly you can grip and grip the bar when performing strength training movements can significantly affect your performance. Some people are limited by their grip strength and are looking to improve it. There are several ways to improve grip strength through exercises, specific tools, and gripping methods. Grip strength can be improved by practicing the same weightlifting movements that use the grip.

There are also other methods to increase grip strength through specific exercises and tools. You can improve your grip strength at home by using a towel, a heavy book, a tennis ball, grocery bags, or elastic bands. There are some tools designed specifically to increase grip strength, such as tweezers and grip-building pads. Farmer walking (or carrying) will increase your supporting and crushing grip strength and can also be modified to improve your pinch strength. Farmer walks will also increase your forearm strength. Zottman curls help develop forearm strength.

In addition to helping you increase your weight in various lifts, grip strength helps in other sports such as rock climbing, where you will need a high level of supportive grip strength. Gymnastics, calisthenics, baseball, rugby, golf, and racquet sports also require high grip strength. Functional daily activities that benefit from a strong grip include opening jars, carrying heavy loads, and living a healthy, independent life as you age. Link: www.verywellfit.com/how-to-increase-grip-strength-for-weightlifting-51..

Posted On 03/29/2024

stoneharbor

You make very good points on isometric training Just! So many ways that it is useful and practical. And it is only Doctor Mercola who got me interested in it in the last few months! Hard to believe. Yes, from reading about it many years ago I just couldn't see a use for it. I was so ignorant. I had bought a set of weights when I was a teenager and did a little lifting. Then, for many years I never did any weight training. And I still have hardly ever been in a gym. Then It is only thanks to Doctor Mercola that I realized in my old age that I need to maintain muscle. And I do now take some effort to do so since I don't any longer have a huge garden that gave me a full workout almost every day.

Posted On 03/29/2024

wannabeaknowitall

Thank you Dr. Mercola. What a timely article, I've been thinking of getting a suspension bar to hang from and now here you are talking about it it just confirms this is what I need to get.

Posted On 03/29/2024

R.Dey.Muscle

Your detailed exploration of enhancing grip strength through dead hangs was a treasure trove of knowledge! I genuinely appreciate the insightful guidance you've provided. As a seasoned fitness author who has penned numerous articles on strength training, I firmly believe in the importance of diversifying workout routines for comprehensive gains. In addition to incorporating dead hangs, integrating exercises like farmer's walks can significantly challenge grip strength while enhancing muscle endurance. To target forearm muscles and further amplify grip strength, consider adding wrist curls to your routine.

When it comes to pull-ups, exploring variations such as chin-ups, commando pull-ups, and towel pull-ups can introduce new challenges to strengthen your grip even more effectively. Remember, always tailor your workouts to your comfort level, training history, and overall health. Emphasize progressive overload, maintain proper form, and prioritize sufficient recovery to maximize your gains. Your article is a wealth of information, and I extend my heartfelt gratitude for sharing this invaluable resource! To know more you may explore - www.getleanmuscle.net/different-types-of-pull-ups Regards.

Posted On 03/30/2024

Isittheshoes

Hi guys wish the article also talked about a dead hang with the palm facing toward you

Posted On 03/29/2024

dale95

Longevity and grip strength: Grip strength correlates well with overall muscle mass. People with great grip strength also probably have big biceps, large shoulders, a strong torso and strong legs. One could say people with strong legs live longer. One could say people with a strong torso live longer. I patient sat occasionally to get extra money at a hospital when I was a janitor there. Most patients I watched over had just gotten over a surgery and they were groggy and not thinking clearly. Most were also near end of life. It was just a matter of time.

They were very weak, very fragile, but those old farmers could still crush your hand in a hand shake. It was a really amazing time because they often hallucinated and I would play along, I was a gunnery Sargent in World War 2, I milked cows in central North Dakota. I was is in a fire fight in Vietnam. All very emotional times in their lives. It showed me an intense picture of a range of ordinary people doing incredible things. I could later talk to loved ones and get a vivid picture of who these people were.

Posted On 03/29/2024

Mukesh88

Very good article. It was in my mind, when I worked hard and my l5, s1 part of disc bulged. I was dead. Long story short, the last thing someone said to me was an inversion table. I felt like dead so, so what not to do to be alive? I knew it was my spine but how? I didnt knew. So I had to buy that expensive, (equal to my 45 days income), an american famous brand, came 7 days later, and it just saved my life like magic. (Hope Dr. M will write about it). Now I do morning and before bed for just few mints and I am better every day. Now coming to hanging, before that table I tried in frustration in home and broke my cupboard. I thought of buying bars but couldnt find a proper place and I am tall. Park was in my mind, there were things to hang but I couldnt worked it out. After this article I am now going to add it. Thanks Dr. M.

Posted On 03/29/2024

sifu990

Not sure of truth of this, but supposedly a large percent of humans are missing palmaris longus muscle, thereby giving them a super weak grip. Pretty sure it applies to myself as I even have trouble with simple bottle caps. In my youth I worked huge amounts on grip with almost zero improvement. Then after reading about hanging, I tried it a few days ago, and managed 60 seconds, twice. I am 72 and quite strong relatively to age. Super stubborn though, referring to my excess will power. :) Even managed 6 really poor technique pull ups the next day.

Posted On 03/29/2024

dale95

Impressive. I can not do one pull up. I am a relatively muscle bound roofer.

Posted On 03/29/2024

dljc99

How does this compare with using an inversion table. I have really enjoyed using mine although I can't now as I slipped and fell and broke part of my hip with 3 breaks in femur. I have two rods in my leg.

Posted On 03/29/2024

stoneharbor

The inversion table is supposed to be good for the back, but I can't see how it can help your grip, and grip is not just a sign of health, but if you are gripping for long periods, it is just one of many ways of using steady (isometric) muscle stress to improve health and, as Dr. Mercola a few weeks ago, that kind of muscle workout can actually reduce a high blood pressure somewhat.

Posted On 03/29/2024

m231231

Put bar up in garage a month ago. Sucks. Up to 65 seconds. Plenty of moaning and groaning. Screwed in board 2x6 into rafters 48 inch threaded pipe inch diameter. 90 degree elbows. Threaded 18 inch pipes screwed into base and elbows. Screw on the base into the pipe and 4 screws each into the board. Took 15 minutes. Got 650 sprints in so far 100 yarders and will do 2x25 as soon as snow melts in a week. Goal 10,000 by November. 2 soloflexes and treadmill in basement. Lift every other day. Age 69. And bringing jump roping back as I did 200k in 51weeks 3 years ago with 1/4 lb rope from Crossrope. Have counters in handles now with ap if interested. Around \$200. I count each. Would have been 500k but could only jump 3 days a week.

Jumped to 5 below here in Minnesota. If I can do any of this, anyone can. Most I jumped was 4,600 one day which was hour and 45 minutes. Breather after each 200. Not giving up. Bought \$13 blood pressure wrist gadget. BP usually around 120/60 and pulse averages 55. I want my high school speed back. Laughed at Jack Lalane tv show as a kid. Not laughing anymore. I watch local doc Sean Omara , MD, JD who I call the sprint doctor and Chiro Berg and others on YouTube. If you haven't sprinted since 8th grade phy ed., it's never too late. And of course, I read beloved Dr. Joe M. What a guy. No dr. no meds. Good luck people.

Posted On 03/29/2024

dale95

If you add sprints to your workout, do it slowly. I did 3 or 4 sprints in a work out. I was sore for a week. I am a roofer. I am in good shape.

Posted On 03/29/2024

stoneharbor

An inspiring story m23. As you said, " If I can do any of this, anyone can." So true. Thanks for the motivation! People need the motivation, but obviously, not everyone needs to exercise as much as you or as I do, or in the same way. I hadn't done much sprinting since 10th grade, but I started it again when I was in my 60's. It was thrilling to run fast again. Now I am much older, and don't try to go so fast or so far, but I still really quickly get an elated feeling from running as fast as I can. For people that don't feel safe running, I suggest trying sprinting on a bicycle or a rowing machine. My personality is one that finds weight lifting to be one of the most boring pastimes on Earth.

So if I do it, I like to minimize the time as much as possible. Sprinting is one thing that gets you to exhaustion very rapidly and I love the feeling and I also love getting finished with the whole routine in just a few minutes. One thing not mentioned here today so far is that these exercises with lots of movement, unlike the "hanging" or isometric exercises, keep your lymph system active moving along the nutrients and toxins that need transport out of our bodies. So we should always include in our programs a bit of whole-body muscle movement.

Posted On 03/29/2024

pjucla

Remember the Kennedy physical fitness testing we all had to do when we were kids . That was the first nail in the coffin for fit healthy kids which encouraged good health habits in adults

Posted On 03/29/2024

vicmacosta

Great! almost 70 this year. Survived the onslaught from mr global and kept sanity by my side. There is a plum tree in the garden. Pruned it drastically and left a horizontal strong branch where I've done this hanging for the past 3 years. Thanks for reaffirming a natural movement/exercise.

Posted On 03/29/2024

Unmasked

I just tested my right hand at 101.6 lbs. I'm 83 and have lost a lot of strength since recovering from lymphoma cancer 12 years ago. I was reluctant to do any more lest I pop a gasket. Nevertheless, as I typed this, I tried with the left hand (I'm right handed) and came up with 103.0 lbs. Go figure. :-) I used this dynamometer: www.amazon.com/Dynamometer-Strength-Trainer-Equipment-Training-Measure..

Posted On 03/29/2024

LadyLifeGrows

Mercola wins again! If this works. I just found a place on my flimsy mobile home where I can make a dead hang bar (websearch for "overhead" bar gave me bar CHAIRS, somehow). There are a couple hooks on my porch where I can put one. Mercola was my housework energy hero a couple months ago by telling me to get up every 20 minutes from my web addiction, (open a new tab, enter timer) so my house is finally getting clean, but I still have lower backaches. Soon we shall see....

Posted On 03/29/2024
