

GRIPPÜL XL

TIP TOOLS NEEDED: 5/16 ALLEN WRENCH

A product of
BEAST FINGERS
CLIMBING



THE ONE ARM HANG

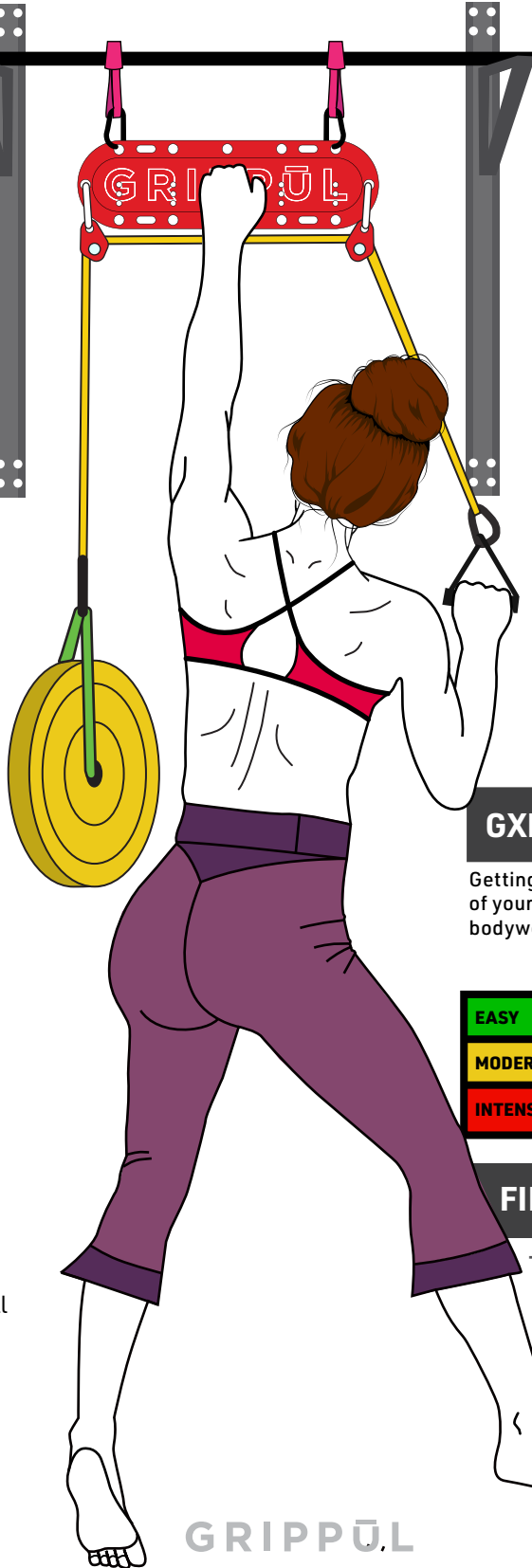
The ability to train one arm hangs in a completely closed system is the best feeling ever! The one arm hang is great for the shoulder in the sense that you improve scapular control without pinching the AC Joint, allowing more freedom and range of motion vs the two arm hang.

PULLEY HARDWARE

- 2 Pulleys (Hang on outer hole as illustrated)
- 2 Carabiners
- Handle
- 4ft Rope

GXL BOLTING

-  **OVERHUNG (Row 1)**
Bolting in row 2 of the GXL will make your effective training angle overhung.
-  **STRAIGHT (Row 3)**
Bolting in row 3 of the GXL will make your effective training angle straight.



HER BODYWEIGHT **120 LBS**

MAX GRIPPÜL **100 LBS**

83.3%

MAX STRENGTH TO WEIGHT RATIO

SPORT
13a

BOULDER
V8-9

PULLEY ASSIST **20 LBS**

$$\text{Max Hang Percentage} = \frac{\text{MH}}{\text{BW}} = \text{MSTW} = \frac{100 \text{ Lbs}}{120 \text{ Lbs}} = 83.3\%$$

$$\text{Workout} = \text{MH} \times 75\% = \text{TW} = 100 \text{ Lbs} \times .75 = 75 \text{ Lbs}$$

$$\text{Pulley Assist} = \text{TW} - \text{BW} = \text{Assisted weight on GXL}$$

MH = Max hang BW = Bodyweight TW = Training Weight
MSTW = Max strength to weight ratio

GXL WORKOUT

Getting the most out of your GXL. Train at a percentage of your max hang. Subtract your percentage from your bodyweight to determine assisted weight.

	5 second holds 1 minute break between sets	
EASY	50% of max	10 reps 4 sets
MODERATE	70% of max	7 reps 3 sets
INTENSE	90% of max	5 reps 3 sets

FINDING YOUR MAX HANG

To find your max hang, you can either use a Grippul 2 by lifting till you reach your max, or you can hang on the GXL with 50-60% of your weight on the assist side, and reduce until you can't hang for 5 seconds.

GRIPPÜL