

# Your ideal grip width for chin-ups

Last Modified: 12th July, 2017, 8:58 AM

Everyone's grip width is specific to them when it come to chin-ups.

Here is how to find the best chin-up width for you to prevent elbow discomfort, etc.

Simple version: Just reach straight upwards from your taun-sao.

Another tip: Use a false grip & keep your thumbs alongside your fingers. Use your hands as hooks (like fook-sao) to prevent wrist issues.