

Your ideal grip width for chin-ups

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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.