

GRYPiT® at Elevate 2018

Stand GO7

Science lends a guiding hand in GRYPiT® designs



Biomechanist Martin Haines explains the principles behind the design of GRYPiT® handles

“GRYPiT® has studied the biomechanical interaction between the arms and the hand and traditional gym handles to calculate optimal positioning.

“The handles are ergonomically designed to ensure wrists are as close to neutral positioning during training as possible.

“They are intended to cradle hands to heighten comfort and reduce risk of injury, limiting the likelihood of grip and muscle fatigue.

“To truly understand grip, first we need to understand the hand, wrist and forearm,” Haines explains. Anatomists have strived to classify the infinite range of actions of the hand, he adds. The broadest categories of gripping, non-gripping and hooking can be sub-classified into power and precision grip.

“The key consideration in optimising handle design is to optimise force transmission,” he continues. “The purpose of the gym handle is to transmit force from the user’s musculo-skeletal system to the item of equipment being used.”





In designing the range, GRYPiT® has embraced key guiding principles, Haines stresses. These are:

“Maximal hand, to minimise surface stress to the skin;

“Grip strength – greatest when the wrist is in the neutral position;

“Grip strength – least when the wrist is flexed as the fingers’ flexors are shortened;

Neutral position, which limits need for unnecessary muscle effort to grip and reduces risk of conditions such as carpal tunnel syndrome.”

The results of this appliance of biomechanical science are, he states, “the best handles for fitness equipment in the world.”

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