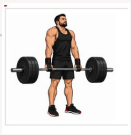
YAGHZU

LIFTING HOOKS

LIFTING HOOKS EXERCISE MANUAL

HOOK IN.PULL HEAVY. NO GRIP LIMIT



Yaghzu lifting hooks transfer the load from your fingers to steel hooks anchored at your wrists. For heavy, straight-linepulls—shrugs,rackpulls, rows, pulldowns — they remove grip from the equation entirely, letting the target muscles work to true fatigue.

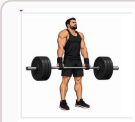
HOW TO USE YOUR LIFTING HOOKS

1. Strap the padded cuff around your wrist with the hook pointing down your palm.
2. Tighten the Velcro firmly — the cuff carries the load, so no slack.
3. Set the hook under the bar, then close your fingers loosely over the hook's back.
4. Lift with a steady, vertical pull; hooks are for smooth pulls, not jerky or explosive lifts.
5. Never use hooks for pressing, swings, or Olympic-style movements.

CONQUER YOUR FITNESS

1. Barbell Shrug

4 sets × 10–15 reps

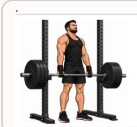


Targets: Upper traps

- Load beyond your normal grip limit safely.
- Straight up toward the ears, 1-second pause at the top.
- No rolling the shoulders — it adds nothing but wear.

2. Rack Pull

4 sets × 4–6 reps



Targets: Traps, upper back, lockout strength

- Pins at knee height, hooks set evenly under the bar.
- Big breath, brace, pull tall.
- Set the bar down fully between reps and re-hook if needed.

3. Deadlift (moderate, controlled)

3 sets × 5–6 reps

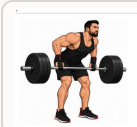


Targets: Posterior chain

- Use hooks for controlled top sets when grip is the weak link.
- Keep the pull smooth from floor to lockout.
- Lower under control — don't drop the bar out of the hooks.

4. Barbell Row

4 sets × 8–10 reps



Targets: Lats, rhomboids

- Hooks let you hold the hinge position without hand fatigue.
- Pull to the lower ribs, pause, lower slow.
- Perfect for high-volume back days.

5. Hook-Assisted Pull-Up

3 sets x 6-10 reps



Targets: Lats, upper back, biceps

- Set both hooks over the pull-up bar and let the wrist cuffs carry the load.
- Pull smoothly, chest toward the bar - no kipping or swinging with hooks.
- Perfect for high-rep back work when your grip is the limiting factor.

6. Lat Pulldown

3 sets x 10-12 reps

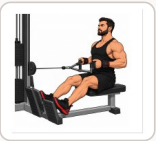


Targets: Lats

- Hooks over the pulldown bar, light finger cover.
- Focus entirely on driving the elbows down.
- Great mind-muscle tool since grip is fully removed.

7. Seated Cable Row

3 sets x 10-12 reps



Targets: Mid-back

- Hook into the handle, sit tall.
- Squeeze shoulder blades for a full second each rep.
- Control the stretch forward without rounding your lower back.

8. Heavy Dumbbell Hold / Carry

3 sets x 20-30 seconds



Targets: Traps, core, posture

- Hook heavy dumbbells and stand tall or walk short laps.
- Shoulders packed, ribs stacked, breathe steadily.
- Static holds only - no swinging the dumbbells.

PRO TIPS

1. Hooks remove grip entirely, so alternate hook sessions with strap or bare-hand sessions to keep grip strength honest.
2. Check that both hooks sit at the same depth under the bar so the load stays even.
3. Smooth pulls only — hooks are not designed for cleans, snatches, or kettlebell work.
4. Re-tighten cuffs mid-workout; Velcro can ease off slightly as you sweat.

SAFETY FIRST

Safety first: Warm up before every session and progress loads gradually. Stop any exercise that causes sharp pain. This guide is general fitness information, not medical advice - consult a qualified professional if you have an injury or health condition. Inspect your gear before each use and replace it if worn or damaged.