

PULL-UPS **ADVANCED**

START



MIDDLE



END



- Grab the bar with wide overhand grip, knuckles up
 - Hang with arms 90% extended
 - Bend legs at the knees
 - Actively pull shoulders down and back
 - Keep core engaged
 - Lead with your chest and look forwards
- Exhale pulling up in a slow and controlled manner
 - Focus on using all your upper back muscles
 - Elbows out to the side and in line with the shoulders (visualise driving them down towards the floor)
 - Do not move hips forwards
 - You should rise in a straight line
 - Aim to bring chin over the bar
 - Hold for 2 seconds
- Inhale lowering slowly just short of fully extending your arms before rising back up
 - Repeat the sequence

MUSCLES TARGETED

LATISSIMUS DORSI

- Pull ups are a compound exercise working your upper body especially the lats
- Lats are the muscle that adds width to the back and gives the upper body *the V shape* look

NOTE

To recruit more muscle fibres for greater overall strength and to correct any weaknesses try variations between wide, narrow and hammer grip hand positions. Remember, Pull-Ups are about quality, not quantity.