

Pull Up!



Description: Begin in a hanging position with your hands placed a bit wider than shoulder width. Pull yourself up until your chin reaches bar level, driving your elbows towards the floor. Keep your core tight all the way through the lifting motion without swinging or using momentum to assist the movement. In order to keep your bodyweight centered, you can cross your legs beneath you as you lift yourself up. Once your chin surpasses the bar, briefly pause before slowly lowering your body until elbows are fully extended and then begin second repetition. Try to raise yourself slightly quicker and lower yourself slightly slower.

Sets/Reps: Start with 3 sets of 8 to 10 reps. Once this becomes easy either decrease weight on assisted or add weight for unassisted (easy = not reaching fatigue during the duration of each set).

Modifications: Pull ups can be modified for any fitness level. By using different hand positions as well as assisted, unassisted and weighted pull ups you can drastically alter the difficulty of the exercise. Ask the fitness staff to help with any modifications.

Common Mistakes: Make sure that you are completing a controlled pull up without swinging your legs or extending your neck. Always keep a neutral spine.

Target Muscles: Latissimus dorsi, trapezius, rhomboids and biceps.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

