

## PULL-UPS **ADVANCED**

START



- 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

MIDDLE



- 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

END



- 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.*