

# 5 EXERCISES TO WORK UP TO YOUR FIRST PULL-UP

## NEGATIVE PULL-UPS

Begin in the top of a pull-up position by jumping up or using a chair. Either way, you want to start with your chest to the pull-up bar. As slowly as you can, lower yourself towards the ground until your arms are fully extended.

Thank gravity, and repeat.

## SCAPULAR PULL-UPS

In the bottom of a pull-up position, grip the bar with palms facing away from you. Arms should be fully extended (not bent). Now, think about trying to bend the bar. This will create a small movement with your chest raising slightly up toward the bar with your arms remaining in full extension. Your elbows may will twist as you bend the bar. You can also think about putting your shoulders in your back pocket.

## PASSIVE HANG

Start to get used to spending time on the bar. Hang from the bar in the bottom of a pull-up position and let gravity do its thing.

## CHIN-UPS

Chin-ups are easier for most people than pull-ups. Why? In a chin-ups (palms facing towards you), your biceps are in a position that makes it easy for them the help with the movement. When you are doing a pull-up (palms facing away from you), your biceps are in a position where they can't assist as much. Your forearm is in this position instead, which is usually not as strong as your bicep. Therefore, your rely on your lats do more of the work in a pull-up (lats are a back muscle, the main muscle in both exercises).

Negative chin-ups are also a great way to get started on your pull-up journey. Other grip variations will put other muscles in slightly different positions. Changing up the grip is always a good idea to prevent overuse. And, grip strength is a key indicator of overall health and longevity.

## BAND ASSISTED PULL-UPS

Loop a band around a pull-up bar. Place your foot (easier version) or your knee (harder version) in the loop, and perform a pull-up.

## CUES TO THINK ABOUT:

- "Pull your elbows toward each other" to engage your lats
- "Squeeze your glutes" and "brace your core like you're about to punched in the gut" to eliminate that swing (yea, these are for real pull-ups btw, not kipping ones)
- "Bend the bar" is another one for lats)
- "Bring your chest to the bar" will cause you to lean back, which some people like for more power