



RED POINT

Pull Up Guide

Ensure you have warmed up before any exercise
Check out the accompanying video to this guide [here](#)

Perfect Form

- 1. Hands** - Grip a bar (or climbing hold on an overhang) with your palms facing away from you.
- 2. Shoulders** - You should set your hands comfortably around shoulder width apart and keep your shoulders engaged. Pull your shoulder blades back and down, try to keep your arms away from your ears.
- 3. Core** - Before you start to pull up, engage your core, and clench your glutes (your bum!), this should help you use the whole chain of muscles in your body.
- 4. Pull Up** - Move upwards until your chin is above the bar (or climbing hold, etc). Try not to swing your legs to generate momentum.
- 5. Neck** - Try not to strain your neck to get your chin closer to the bar, continue to pull with your arms and try hard for that last part.
- 6. Lower Down** - Once you have pulled up remember to lower down in control rather than flop back onto your arms.
- 7. Repeat** - You should aim for around 5 repetitions for a set of pull ups but don't be put off if that is too hard, try an easier 'level' and work towards it.

Pull Up Progression

Your goal is to do 4 sets of 5 reps (2- 3 mins rest between sets).

Do this with [perfect form](#) in Level 1, then move to Level 2 and so on.

Whatever level you pick, you may not be able to complete the goal straight away.
So you can start with 4 sets of 3 reps (total 12 pull ups, or press ups, etc).

Each session try to add in one more rep somewhere, anywhere in your session. That way you challenge your body to get that little bit stronger each week.

Remember you get stronger on your rest days. Doing any exercise makes your muscles weaker, as they get tired and "beat up". But your body is magic. While you sleep and the following day it will use all the food you eat to repair them better and stronger than they were before..... Isn't that amazing!

Level 1 - Foot On / Assisted Pull Ups

Put one foot on a chair and use it to help you pull up. You could put your foot in a stretchy band to help but be careful not to trip or hurt yourself.

Level 2 - 'Australian' Pull Ups (Low Row)

Using a lower bar, or a set of rings suspended from a bar, lie on your back with the bar, or rings above you. Then pull up keeping your feet on the floor (like the opposite of a press up).

Level 3 - Negative Pull Ups

Jump, or get lifted, to the top of a pull up, then just lower yourself down as slowly as you can.

Level 4 - Regular Pull Ups



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The regular pull up, keep your form!

Pull Up Variations

Once you can complete 4 sets of 5 reps pull ups (2 - 3 mins rest), keeping perfect form and without too much effort then it's time to mix things up with some variations. All the pull up variations use the same form as a regular pull up. Most of these variations are tougher than the regular pull up and use a lot of muscles in your shoulders and back, make sure you are thoroughly warmed up before trying these exercises.

Chin Ups

Place your hands on the bar with your palms facing towards your body, this changes the pull up into a chin up. This exercise should take more effort from your biceps and less from your back.

Wide & Close Grip Pull Ups

For a wide grip pull up, keep your hands rather apart than shoulder width. For a close grip pull up keep your hands close together, almost touching. Keep the same form as a regular and engage your shoulders.

Mixed Grip Pull Ups

Set one hand in a chin up position and one hand in a pull up position and perform the pull up.

Side to Side Pull Ups

In the regular pull up starting position, start to pull up but aim towards your right hand so your chin is over your hand then lower back to normal. Repeat pulling up towards your left hand.

Typewriter Pull Ups

Similar to side to pull ups but much harder. Starting with the regular pull up position but with your thumb over the bar as well. Pull up over one hand, then extend the arm away from your body with your palm on top of the bar. From this position move your chin towards the extended hand and use your palm on the bar from the starting hand. Remember to repeat the opposite way.

Explosive Pull Ups

This pull up aims to lift your hands from the bar at the top of your pull up. Pull up with speed and explosive power to 'hop' your hands away from the bar. This is a really tough one to do statically!

L Sit Pull Ups

From the regular pull up position left your legs horizontally to create a L shape with your body. Then engage the shoulders as normal and complete the pull up.