

HOW TO PERFORM A CLOSE GRIP CHIN UP



How To Do

1. Begin by standing in front of a high, sturdy bar that will support your weight.
2. Grasp the bar with an underhand grip, palms facing up. Your grip should be narrower than shoulder width and your arms extended with a slight bend in the elbow.
3. Let your feet hang and cross your ankles to avoid swinging your legs.
4. Inhale and engage your core.
5. Exhale to pull yourself up to the bar. Continue until your chin reaches the bar and hold for a second.
6. Focus on squeezing the back and upper arms during the full range of motion.
7. Inhale to slowly lower back down to the starting position.

Coaching Tips

- Keep the movement controlled without using momentum to complete the exercise. This ensures targeted back and upper arm activation.
- Maintain a neutral spine with your core engaged to avoid straining the lower back.
- Focus on squeezing the biceps with a supinated grip (palms facing you) for maximum activation. This also supports the elbow joint.
- If you need to modify initially, you can begin by using a weight-assisted chin-up machine. Do this until you gain the strength to perform the full exercise without modification.
- Hold at the top of the movement and squeeze the lats, enhancing muscle activation for optimal results.