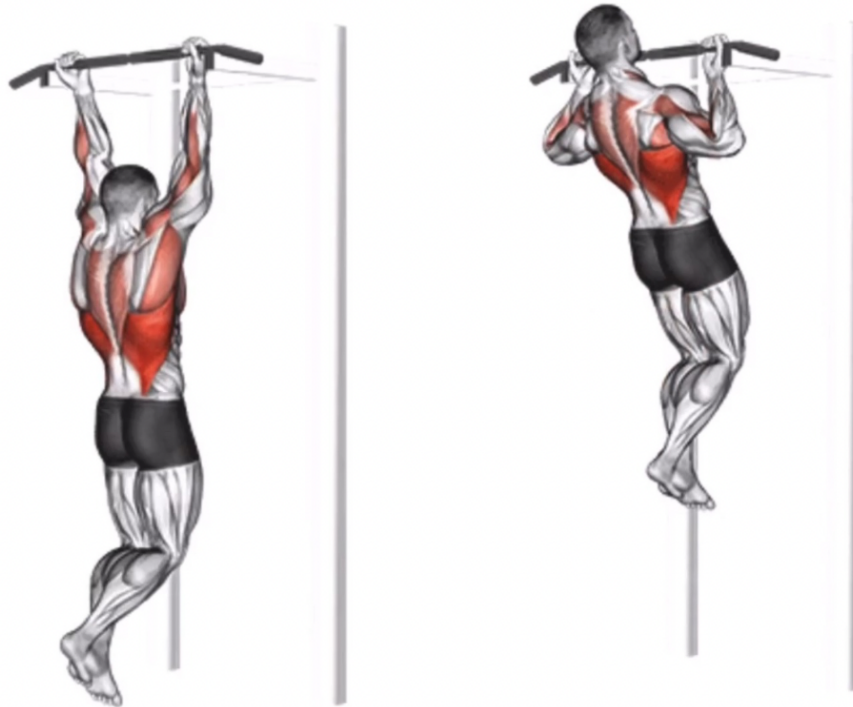


HOW TO PERFORM A CHIN UP

MUSCLES WORKED

BICEPS BRACHII, BRACHIALIS, TRICEPS
LOWER PEC, TERES MAJOR, LATS,
SHOULDER (POSTERIOR), MID/LOWER
TRAPS, RHOMBOIDS



- Stand with your arms shoulder-width apart and reach up to grab the overhead bar. Make sure to use an underhand grip — so your palms face toward you.
- Brace your abdominal muscles to create tension throughout your body — this increases your stability as you move.
- Pull yourself up from your stationary position until your chin is above the bar. Your legs should remain as still as possible and your neck should be in a neutral position, with your head facing forward.
- Pause for a moment at the top.
- Then slowly lower yourself back down. Force yourself to move slowly during this portion to maximize your gains from this exercise.

Band-Assisted Chin-Ups

This type of chin-up involves a thick rubber band attached to the chin-up bar to support your body weight. To do this chin-up:

1. Attach the band to the chin-up bar securely.
2. Put your knees in the band.
3. Do the same chin-up movements you would normally do without the band.

