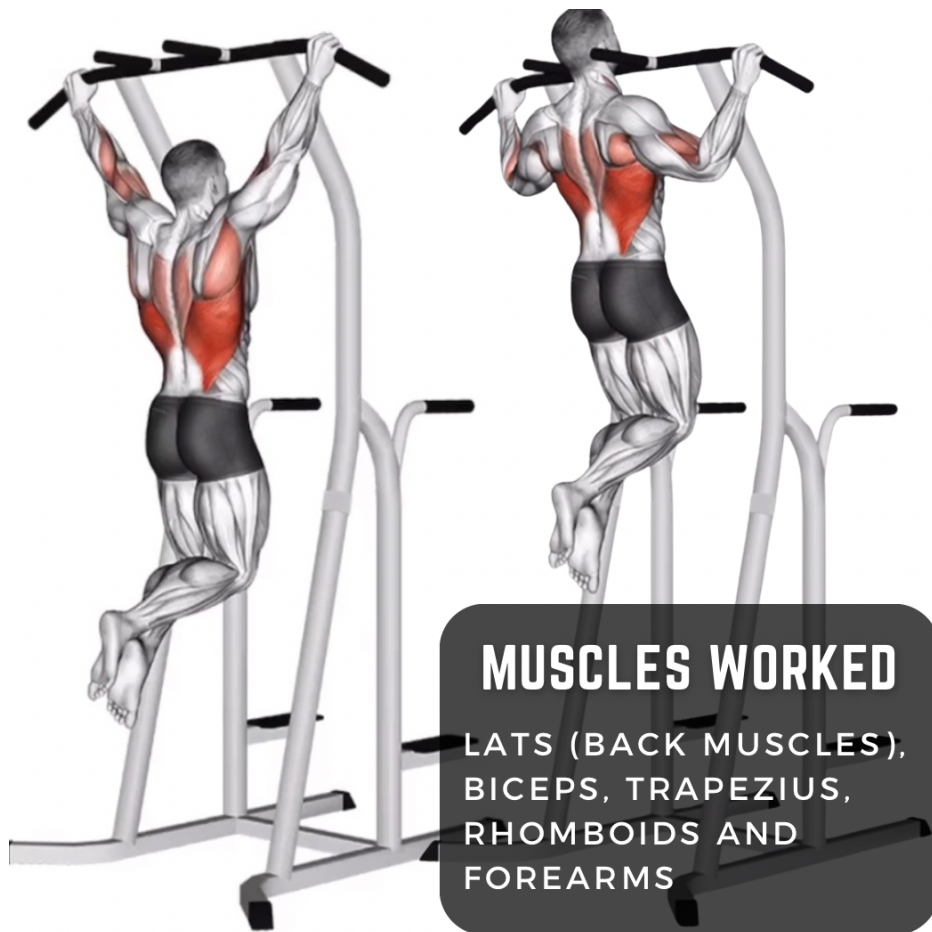


HOW TO PERFORM A WIDE GRIP CHIN UP



MUSCLES WORKED

LATS (BACK MUSCLES),
BICEPS, TRAPEZIUS,
RHOMBOIDS AND
FOREARMS

How To Do

Start by standing underneath a pullup bar, with your back and spine straight.

1. Reach up and grab the bar with each hand. Your thumbs should be pointing toward each other, and your grip should be wider than your body.
2. When positioned correctly, your arms and torso should form a 'Y.' To be more specific, each arm should be 30 to 45 degrees from your body, but no more than a 45-degree angle.
3. Look straight ahead and pull your body upwards towards the bar.
4. Pause, then lower yourself back down to the original position.