

# PULL UP TUTORIAL

*practice for success!*



There's no denying it: Pull ups are hard! They can be one of the hardest exercises to learn to perform, but are extremely gratifying once you put in the time. A lot of people (especially women) think they aren't physically able to do pull ups, but that isn't the case. We just have to learn and practice the proper technique. The big problem: a lot of people want to learn to do a pull up without actually practicing pull ups. Many people focus on accessory back exercises like pull downs and rows, and while those are great to include in a weekly workout for back strength, they aren't going to prepare you to one day be able to jump up and magically perform the pull up.

## THE ONLY WAY TO LEARN TO DO A PULL UP: DO PULL UPS!

### Step 1: Assisted Pull Ups & Form

Start out with an assisted machine. Set the weight as low as you can. The higher the weight, the easier it will be. Start with about 20lbs less than your own body weight, and then adjust accordingly. Perfect your form while practicing on the assisted machine. Grab the handles with a pronated grip, slightly wider than shoulder width apart. Step onto the pad (or place knees, depending on the machine) and allow your body to hang. Keep your abs engaged, spine neutral, and shoulders pressed down and back. Avoid hunching shoulders and draw them away from the ears. Pull yourself up as high as possible, keeping spine neutral and abs engaged, with elbows pointing towards the floor. Slowly release back down until the arms are straight. Repeat 10-15 repetitions, 3-4 sets per workout. If you can do this a few times a week you will see progress more quickly. Adjust the weight as the sets get easier to complete the reps. Once you can hit your weight under 50lbs supplemented, move on to step 2.

### Step 2: Resistance Band Assisted

Use a resistance band to learn how to better stabilize your body and core without the assisted machine. The resistance bands come in different levels to make the exercises more or less challenging. Watch today's video to see the band demonstrated for pull ups.

### Step 3: Negatives

Negatives can be performed assisted with a machine or band, or without any assistance if you can jump to the top of the bar and hold. For a negative movement, start at the TOP of the pull up position (chin above bar) and then begin to straighten your arms *and lower down as slowly as possible*. Take your time on the way down— these should be very challenging! Try a set or two of 5-8 reps at the end of your regular assisted pull ups.

### The Whole Shabang

Once you are feeling stronger with your assisted and negative pull ups, start trying to do the real deal. Remember to focus on form, and try out the unassisted pull ups at the beginning of your workout when you are your strongest. Pull ups don't really get easier, but you become stronger and more capable!



mind over munch

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