

CONQUERING THE PULL-UP

WITH STRENGTH & STYLE

MARISA INDA

TABLE OF CONTENTS

3	INTRODUCTION
3	CHAPTER 1 - MY PULL-UP STORY
4	CHAPTER 2 - WHY PULL-UPS ARE A GAME CHANGER
6	CHAPTER 3 - GETTING YOUR 1ST PULL-UP
6	· Understanding Pull-Up Mechanics
7	· Building Foundational Strength
12	· Effective Progressions for Pull-Ups
16	· Assessing and Adjusting Your Training Plan
17	· Pro Tips for Pull-Up Success
18	· Sample Program 1: Getting Your First Pull-up
21	CHAPTER 4 - TAKING YOUR PULL-UP PERFORMANCE TO THE NEXT LEVEL
21	· Improving Form and Technique
22	· Building Strength and Muscular Endurance
23	· Grip Variations and Pauses
30	· Sample Program 2: Increasing Your Reps Program
33	· Weighted Pull-Ups
34	· Sample Program 3: Increasing your 1RM Weighted Pull-up Program
38	CHAPTER 5 - MASTERING ADVANCED PULL-UP VARIATIONS
	ARCHERS AND TYPEWRITERS
38	· Archer Pull-Ups
39	· Typewriter Pull-Ups
41	CHAPTER 6 - PUTTING IT ALL TOGETHER
	CREATING A UNIQUE PULL-UP DANCING ROUTINE
41	· Pro Tips for Pull-Up Dancing
42	CHAPTER 7 - FINAL THOUGHTS AND ENCOURAGEMENT

CHAPTER 1

MY PULL-UP STORY

My love for pull-ups started at an early age. I don't want to date myself here, but in elementary school, we had the Presidential Physical Fitness test, where I couldn't understand why the boys were allowed to showcase their pull-up prowess while we girls were relegated to an arm hang. I just wanted to do the pull-ups too, but mainly I really just wanted to beat the boys.

Growing up on a farm, I was always the adventurous tomboy. I spent most of my time outside, creating countless memories with my brother and his friends. We'd climb the tailgates of huge trucks during hay unloading, leap from the chicken coop to tractors, and I even managed to outdo his friends in arm wrestling matches. My grandpa, being the handyman he was, built me a custom pull-up bar—just a simple pipe, really—right on our chicken coop. That's where I discovered the joy of building strength through play and having fun. It's those carefree moments that shaped my love for fitness and the importance of enjoying the journey.

Maybe you didn't grow up with a bar attached to a chicken coop like I did, but don't let that stop you from building up your pull-up game. While my childhood adventures helped me develop upper body strength, the truth is, anyone can learn to do pull-ups with hard work, the right guidance, and a solid game plan. Always keep in mind to make it enjoyable; because when you approach it as a game, it'll never seem like work.



MARISA INDA
52kg IPF Powerlifter
430kg // 948lb Total
1x World Champion
6x National Champion

CHAPTER 2

WHY PULL-UPS ARE A GAME CHANGER

Pull-ups can be performed just about anywhere with a bar. All you need is your body weight, and you're good to go. They have been a staple in fitness regimens (and prisons) for years, and for a good reason - they work. Not to mention, mastering the technique of pull-ups can offer an added sense of reassurance that you'll be able to lift yourself over obstacles if the situation calls for it - a useful skill in any survival scenario, like a zombie apocalypse.

The beauty of this exercise is that it targets multiple muscle groups, including the back, arms, and core. When you perform a pull-up, you're primarily using your latissimus dorsi muscles (commonly referred to as "lats") in your back to pull your body weight up towards the bar. However, you're also engaging other muscles in your arms, shoulders, and core to help stabilize your body throughout the movement.

For example, your biceps, forearms, and shoulder muscles are all working together to pull your body up toward the bar. Meanwhile, your abs and lower back muscles are activated to help stabilize your body and maintain good posture throughout the exercise. This makes pull-ups a highly effective exercise for targeting multiple muscle groups in your upper body and core.

In addition to the primary muscle groups targeted by pull-ups, they also engage several smaller muscles that are often neglected in other exercises. These include the muscles in your fingers, wrists, and forearms, which are crucial for maintaining a strong grip during the movement. This improved grip strength can have a great carry-over for your deadlifts too.

Pull-ups will also have a great carryover to your other lifts. Stronger lats will create a more rigid and stable torso in the squat, provide you with a better base for the bench press and help you through all aspects of the deadlift. They can be a foundational component of your training for strength and physique.

Overall, the combination of these muscle groups working together during a pull-up makes it a highly efficient exercise that can help you develop overall strength while making you look all sorts of cool. I mean who doesn't want to be able to do fancy pull-up dances?

CHAPTER 3

GETTING YOUR 1ST PULL-UP

Getting the first pull-up can be a daunting task and most give up far too soon. Many people have unrealistic expectations about how quickly they will be able to achieve it as it can take weeks or even months of consistent training to build up the necessary strength to get your chin over the bar. Even if you're fairly strong in other lifts, lifting your bodyweight is a combination of strength, technique, and consistency. So, it's important to have realistic expectations, use the right approach to training, and stay committed to the process.

Before attempting your first pull-up, it's essential to understand the mechanics of the movement. A standard pull-up involves hanging from a pull-up bar with an overhand grip (palms facing away from you), pulling your body upward until your chin is above the bar, and then lowering yourself back down in a controlled manner. One common mistake people make is trying to pull themselves straight up to the bar. Instead, focus on pulling your elbows down and back towards your hips. This will engage the proper muscles and make the exercise more efficient.

The debate between using a thumbs-over-bar grip (also known as a "false grip") and a full grip (thumb wrapped around the bar) often comes down to personal preference, but each grip has its pros and cons. A full grip, where your thumb is wrapped around the bar, provides more security and is generally recommended for beginners or those working on building grip strength. This grip allows for better control and a more secure feeling during the pull-up, making it easier to focus on proper form and muscle engagement. On the other hand, the thumbs-over-bar grip can help to recruit more of the larger pulling muscles, such as the lats, by reducing the involvement of the forearm muscles. This grip may feel less secure, but some advanced athletes prefer it for that reason, as it can allow for more efficient movement and potentially increased performance, especially in

advanced variations like the archer pull-up. Ultimately, the choice between a thumbs-over-bar grip and a full grip should be based on individual comfort.

To perform a pull-up, you need to develop the necessary strength in your upper body. Keep in mind that during a pull-up, you're lifting your entire body weight, which is generally much heavier than the resistance used for exercises like lat pull-downs. The following exercises build a strong foundation:

• DB ROWS

This compound exercise targets the back muscles and helps build pulling strength.



• LAT PULL DOWNS

A lat pulldown is a useful exercise for building up to a pull-up because it targets similar muscle groups and movement patterns, but at a more manageable level of intensity.



• PUSH-UPS

Although push-ups primarily target the chest, shoulders, and triceps, they also help develop general upper body strength and stability. As you work on push-ups, you'll be engaging your back muscles to maintain proper form and stabilize your body. This stability and muscle engagement can carry over to pull-ups, where maintaining control and engaging multiple muscle groups is essential.



• BICEP CURLS

Pull-ups heavily rely on your bicep strength to lift and control your body. Bicep curls, whether performed with dumbbells or a barbell, target these muscles directly, helping you build strength and endurance. Focusing on proper form and a full range of motion during bicep curls ensures that your biceps are prepared for the demands of a pull-up.



• DEAD HANGS

Hang from a pull-up bar with an overhand grip for as long as possible, building grip strength and getting accustomed to the sensation of hanging. If you can't hold your own bodyweight you won't be very successful in getting a pull-up.



Once you've increased your foundational strength, these progressions will help you work your way up to a full pull-up. Effective progressions are crucial as they promote gradual adaptation and skill development. I know we all want to just grab the bar and go, but that's also how you get hurt or quickly discouraged. Here are my favorite progressions:

• INVERTED ROWS

This exercise mimics the pull-up movement but with less resistance. Set up a bar or suspension trainer at waist height. Lie on your back underneath the bar with an overhand grip, and pull your chest up to the bar, maintaining a straight body. You can also do a more vertical inverted row, which allows you to mimic the vertical position of a pull-up while using your feet as assistance.



• **NEGATIVE PULL-UPS**

Develop strength through eccentric muscle contractions, enhancing control during the lowering phase. Jump or use a step to get your chin above the bar, then lower yourself down as slowly as possible.



• ASSISTED PULL-UPS

Decrease the bodyweight lifted with resistance bands, progressively reducing assistance as you gain strength. Use a resistance band looped around the pull-up bar and your knees or feet to reduce the amount of bodyweight you need to lift. As you progress, use lighter bands or switch to one foot.



· PARTIAL RANGE OF MOTION PULL-UPS/SCAPULAR CONTRACTIONS

Improve strength within a limited range. Start by performing pull-ups through a limited range of motion, such as only lifting yourself halfway. Gradually increase the range as you gain strength.



Consistency and patience are key to achieving your first pull-up. If you keep starting and stopping you will not make progress. Incorporate the exercises and progressions mentioned above into your workout routine at least 2-3 times per week, focusing on quality repetitions and gradually increasing volume and intensity.

After 4-6 weeks of consistent training, take a deload where you reduce your training volume and intensity. After your deload, attempt a full pull-up. If you're still unable to perform a full pull-up don't be discouraged. Instead, use this opportunity to assess your progress and adjust your training program accordingly.

· ANALYZE WEAK POINTS

Identify which part of the pull-up is causing the most difficulty. Is it the initial pull from a dead hang, the mid-range, or the final push to get your chin above the bar? Once you pinpoint the weak link, incorporate targeted exercises to address that specific area.

· ADJUST TRAINING VARIABLES

If you're not seeing the progress you'd like, consider adjusting your training variables such as volume, intensity, or frequency. For example, you may need to increase the number of sets or reps, add in supplementary exercises, or train more frequently to see better results.

· PROGRESSION EXERCISES

Continue using progression exercises like assisted pull-ups, inverted rows, and negative pull-ups to build strength and improve technique. Gradually decrease the level of assistance or increase the difficulty of these exercises as you get stronger.

• RE-TEST REGULARLY

Schedule regular re-tests of your pull-up ability, such as every 4-6 weeks. This will help you track your progress, identify any plateaus, and make any necessary adjustments to your training plan.

PRO TIPS

- **Warm-up with lat pull-downs.** They specifically engage the latissimus dorsi muscles, which are the primary muscles used in pull-ups. By warming up with this exercise, you effectively activate and prepare these muscles for the more demanding pull-up movement.
- **Maintain Tension AKA stay tight!** I like to cross my ankles as this helps keep my legs together and aligned, making it easier to maintain tension throughout my lower body.
- **Think about pulling the bar to your chest like a lat pull-down instead of focusing on pulling your chin over the bar.** This can be a helpful mental cue for some people. This shift in focus encourages you to engage your lats more effectively, which can lead to better form and muscle activation.
- **Drive your elbows down and back:** Visualize driving your elbows down and back towards your hips instead of pulling up with your arms. This cue helps you engage your lats and not overly use your biceps, which causes the elbows to come forward and makes finishing the pull much harder.
- **Imagine breaking the bar apart:** As you pull yourself up, envision trying to break the bar apart with your hands. This mental trick can help activate your back muscles more effectively and keep your shoulders in a stable position

SAMPLE PROGRAM 1

GETTING YOUR FIRST PULL-UP PROGRAM

WEEK 1

DAY 1

- Negative Pull-Ups: 3 sets x 3-5 reps
- Inverted Rows: 3 sets x 3-4 RIR

DAY 3

- Band-Assisted Pull-Ups: 3 sets x 6-8 reps (use heavy resistance band)
- Lat Pull-Downs: 3 sets x 3-4 RIR

DAY 5

- Dead Hang: 3 sets x 20-30 seconds
- Push-ups: 3 sets x 3-4 RIR

WEEK 2

DAY 1

- Negative Pull-Ups: 4 sets x 3-5 reps
- Inverted Rows: 4 sets x 3-4 RIR

DAY 3

- Band-Assisted Pull-Ups: 4 sets x 6-8 reps
(use medium resistance band)
- Lat Pull-Downs: 4 sets x 3-4 RIR

DAY 5

- Dead Hang: 4 sets x 20-30 seconds
- Push-ups: 4 sets x 3-4 RIR

WEEK 3

DAY 1

- Negative Pull-Ups: 5 sets x 3-5 reps
- Inverted Rows: 3 sets x 2-3 RIR

DAY 3

- Band-Assisted Pull-Ups: 4 sets x 6-8 reps
(use medium/light resistance band)
- Lat Pull-Downs: 3 sets x 2-3 RIR

DAY 5

- Dead Hang: 5 sets x 20-30 seconds
- Push-ups: 3 sets x 2-3 RIR

WEEK 4

DAY 1

- Negative Pull-Ups: 6 sets x 3-5 reps
- Inverted Rows: 4 sets x 2-3 RIR

DAY 3

- Band-Assisted Pull-Ups: 5 sets x 6-8 reps
(use light resistance band)
- Lat Pull-Downs: 4 sets x 2-3 RIR

DAY 5

- Dead Hang: 6 sets x 20-30 seconds
- Push-ups: 4 sets x 2-3 RIR

WEEK 5

DAY 1

- Negative Pull-Ups: 7 sets x 3-5 reps
- Inverted Rows: 3 sets x 1-2 RIR

DAY 3

- Band-Assisted Pull-Ups: 5 sets x 6-8 reps
(use light resistance band or lower assistance)
- Lat Pull-Downs: 3 sets x 1-2 RIR

DAY 5

- Dead Hang: 7 sets x 20-30 seconds
- Push-ups: 3 sets x 1-2 RIR reps

WEEK 6

DAY 1

- Test Day: Attempt to do a pull-up

***NOTE:** If successful, perform as many sets of 1-3 pull-ups as you can. If not, continue with 3 sets of 6-8 negative pull-ups.

CHAPTER 4

TAKING YOUR PULL-UP PERFORMANCE TO THE NEXT LEVEL

Once you've reached the point where you can perform a pull-up, it's time to challenge yourself even further because no one is satisfied with just doing one! This chapter will provide you with strategies and exercises to help you increase your pull-up count, improve your form, and develop a stronger back and upper body.

To increase your pull-up numbers, it's essential to have good technique. Good form ensures that you engage the right muscle groups, leading to more efficient pull-ups. It also promotes better mobility and stability in the shoulder joint, enabling a smoother and controlled pull-up movement. By focusing on good form, you can maximize the benefits of each pull-up, ultimately increasing your pull-up numbers and overall strength in a safe and sustainable manner. Here are some key elements to focus on:

- **PROPER FORM**

This means no swinging or kipping and full body tension.

- **FULL RANGE OF MOTION**

Perform each pull-up with a full range of motion, from a dead hang to chin above the bar. This ensures complete muscle activation and optimal strength development.

To increase your pull-up count, you need to build both strength and muscular endurance. Implement the following methods into your training routine:

- **PROGRESSIVE OVERLOAD**

Gradually increase your pull-up volume by adding more sets, reps, or decreasing rest time between sets.

- **WEIGHTED PULL-UPS**

Add resistance to your pull-ups by using a weighted vest, dip belt, or a dumbbell between your legs. Start with a manageable weight and progressively increase it over time.

- **HIGH-REP SETS**

Perform high-rep sets of pull-ups (10 or more reps) to build muscular endurance. You can also use assistance methods, such as resistance bands or an assisted pull-up machine, to complete higher rep sets.

- **TIMED SETS**

An effective way to increase your pull-up count and endurance by challenging your body to complete as many repetitions as possible within a specified timeframe. This method encourages you to push your limits, improve your work capacity, and train your muscles to recover more quickly between sets.

Varying your grip and incorporating pauses can help you target different muscles, avoid overuse injuries, and break through plateaus. Experiment with the following variations:

• WIDE GRIP

A wider grip targets the outer lats, increasing the difficulty of the pull-up.



• **CLOSE GRIP**

A closer grip places more emphasis on the biceps and lower lats.



• MIXED GRIP

One hand faces forward (overhand) while the other faces backward (underhand). This variation can help you work through sticking points and improve overall strength.



• **CHIN-UPS**

An underhand grip places more emphasis on the biceps and lower lats.



• NEUTRAL GRIP

Palms facing each other. This grip places less stress on the wrists, elbows, and shoulders compared to overhand or underhand grips. This can be especially beneficial for individuals with joint issues.



• FLEXED ARM HANG

Develop upper body endurance and static strength by holding your chin above the pull-up bar for a set duration. This exercise helps build the necessary strength and control required for maintaining various positions during pull-ups.



• PAUSED PULL-UPS

Enhance body control and awareness by incorporating pauses at different points in your pull-up range of motion. This technique challenges your muscles to work harder during each rep, building strength and stability throughout the entire movement.



SAMPLE PROGRAM 2

INCREASING YOUR REPS PROGRAM

WEEK 1

DAY 1

- Bodyweight Pull-Ups: 3 sets x 50% of max reps
- Inverted Rows: 3 sets x 3-4 RIR

DAY 3

- Band-Assisted Pull-Ups: 3 sets x 6-8 reps
(use heavy resistance band)
- Lat Pull-Downs: 3 sets x 3-4 RIR

DAY 5

- Negative Pull-Ups: 3 sets x 3-5 reps
- Bicep Curls: 3 sets x 8-10 reps

WEEK 2

DAY 1

- Bodyweight Pull-Ups: 4 sets x (50% of max reps + 1)
- Inverted Rows: 3 sets x 3-4 RIR

DAY 3

- Band-Assisted Pull-Ups: 4 sets x 6-8 reps
(use medium resistance band)
- Lat Pull-Downs: 4 sets x 3-4 RIR

DAY 5

- Negative Pull-Ups: 4 sets x 3-5 reps
- Bicep Curls: 4 sets x 3-4 RIR

WEEK 3

DAY 1

- Bodyweight Pull-Ups: 5 sets x (50% of max reps + 2)
- Inverted Rows: 3 sets x 2-3 RIR

DAY 3

- Band-Assisted Pull-Ups: 4 sets x 6-8 reps
(use medium/light resistance band)
- Lat Pull-Downs: 3 sets x 2-3 RIR

DAY 5

- Negative Pull-Ups: 5 sets x 3-5 reps
- Bicep Curls: 3 sets x 2-3 RIR

WEEK 4

DAY 1

- Bodyweight Pull-Ups: 6 sets x (50% of max reps + 3)
- Inverted Rows: 4 sets x 2-3 RIR

DAY 3

- Band-Assisted Pull-Ups: 5 sets x 6-8 reps
(use light resistance band)
- Lat Pull-Downs: 4 sets x 2-3 RIR

DAY 5

- Negative Pull-Ups: 6 sets x 3-5 reps
- Bicep Curls: 4 sets x 2-3 RIR

WEEK 5

DAY 1

- **Bodyweight Pull-Ups:** 7 sets x (50% of max reps + 4)
- **Inverted Rows:** 3 sets x 1-2 RIR

DAY 3

- **Band-Assisted Pull-Ups:** 5 sets x 6-8 reps
(use light resistance band or lower assistance)
- **Lat Pull-Downs:** 3 sets x 1-2 RIR

DAY 5

- **Negative Pull-Ups:** 7 sets x 3-5 reps
- **Bicep Curls:** 3 sets x 1-2 RIR

WEEK 6

TEST DAY

This test day should be performed after completing Week 5, with at least 48 hours of rest after your last workout.

Warm-up

- **Light Lat Pulldowns** 2x6-8 reps

Bodyweight Pull-Up Test

- Perform a single set of as many strict bodyweight pull-ups as you can to measure your progress.

The “+1” notation means that you should add one additional rep to the 50% of your max reps. The intention is to gradually increase the number of reps each week as you progress through the program. For example, if your max reps for pull-ups is 10, you would do 5 reps (50% of max reps) in Week 1.

In Week 2, you would perform 6 reps (50% of max reps + 1).

WEIGHTED PULL-UPS

Incorporating weighted pull-ups into your workout routine is a great way to increase overall strength and muscle mass as well as look like a badass when you have that 45lb weight dangling between your legs.

Before attempting weighted pull-ups, it is essential to have a strong foundation in bodyweight pull-ups. You should be able to perform at least 8-12 strict pull-ups with proper form. Use a weight belt, a weighted vest, hold a DB between your legs or use a backpack to secure the weight comfortably. Gradually increase the weight as you become stronger and can perform sets of 8-10 reps with good form.

To continuously improve your weighted pull-up performance, you must practice progressive overload. This involves gradually increasing the weight or volume of your pull-ups over time. Here are some methods to implement progressive overload:

- **INCREASE THE WEIGHT**

Add more weight to your pull-ups in small increments (2.5 to 5 pounds).

- **INCREASE THE VOLUME**

Perform more sets and reps of weighted pull-ups in your workout.

- **INCREASE THE FREQUENCY**

Include weighted pull-ups in your routine more often throughout the week.

Ensure you allow adequate rest between workouts to promote muscle recovery and prevent injury. Aim for at least 48 hours of rest between pull-up sessions. Additionally, getting proper nutrition and sleep will help with the recovery process.

SAMPLE PROGRAM 3

INCREASING YOUR 1RM WEIGHTED PULL-UP PROGRAM

WEEK 1

DAY 1

- Weighted Pull-Ups: 3 sets x 3-5 reps
(start with 40% of your 1RM)
- DB Rows: 3 sets x 3-4 RIR

DAY 3

- Bodyweight Pull-Ups: 2 sets x max reps
- Deficit Push-ups: 3 sets x 3-4 RIR

DAY 5

- Weighted Dead Hang: 3 sets x 20-30 seconds (use 30% of your 1RM)
- Inverted Rows: 3 sets x 3-4 RIR

WEEK 2

DAY 1

- Weighted Pull-Ups: 4 sets x 3-5 reps (Use 45% of your 1RM)
- DB Rows: 4 sets x 3-4 RIR

DAY 3

- Bodyweight Pull-Ups: 3 sets x max reps
- Deficit Push-ups: 4 sets x 3-4 RIR

DAY 5

- Weighted Dead Hang: 4 sets x 20-30 seconds (use 35% of your 1RM)
- Inverted Rows: 4 sets x 3-4 RIR

WEEK 3

DAY 1

- Weighted Pull-Ups: 5 sets x 3-5 reps (Use 50% of your 1RM)
- DB Rows: 3 sets x 2-3 RIR

DAY 3

- Bodyweight Pull-Ups: 2 sets x max reps
(match or beat week 1 numbers)
- Deficit Push-ups: 3 sets x 2-3 RIR

DAY 5

- Weighted Dead Hang: 5 sets x 20-30 seconds (Use 40% of your 1RM)
- Inverted Rows: 3 sets x 2-3 RIR

WEEK 4

DAY 1

- Weighted Pull-Ups: 6 sets x 3-5 reps (Use 55% of your 1RM)
- DB Rows: 4 sets x 2-3 RIR

DAY 3

- Bodyweight Pull-Ups: 3 sets x max reps
(match or beat week 2 numbers)
- Deficit Push-ups: 4 sets x 2-3 RIR

DAY 5

- Weighted Dead Hang: 6 sets x 20-30 seconds (Use 45% of your 1RM)
- Inverted Rows: 4 sets x 2-3 RIR

WEEK 5

DAY 1

- Weighted Pull-Ups: 7 sets x 3-5 reps (Use 60% of your 1RM)
- DB Rows: 3 sets x 1-2 RIR

DAY 3

- Bodyweight Pull-Ups: 4 sets x max reps
- Deficit Push-ups: 3 sets x 1-2 RIR

DAY 5

- Weighted Dead Hang: 7 sets x 20-30 seconds\
(Use 50% of your 1RM)
- Inverted Rows: 3 sets x 1-2 RIR

WEEK 6

TEST DAY

This test day should be performed after completing Week 5, with at least 48 hours of rest after your last workout.

Warm-up

- Lat Pulldowns: light weight: 2 sets x 6-8 reps
- Bodyweight Pull-up: 1 set x 3 reps
- Weighted Pull-Up Test (use percentages of your current 1RM):

WEIGHTED PULL-UP TEST (use percentages of your current 1RM):

1. Weighted Pull-up with 40% 1RM: 1 rep
2. Weighted Pull-up with 60% 1RM: 1 rep
3. Weighted Pull-up with 80% 1RM: 1 rep
4. Rest for 3-5 minutes
5. Weighted Pull-up with 90% 1RM: 1 rep
6. Rest for 3-5 minutes
7. Weighted Pull-up with 100% 1RM: 1 rep
8. Rest for 3-5 minutes

NEW 1RM ATTEMPT

1. Attempt a weighted pull-up with a weight slightly heavier than your current 1RM (e.g., 2.5-5 lbs increase).
2. If successful, rest for 3-5 minutes, and increase the weight for another attempt. Continue this process until you reach a new 1RM.

***After the test, use your new 1RM to adjust your training percentages moving forward.**

CHAPTER 5

MASTERING ADVANCED PULL-UP VARIATIONS – ARCHERS AND TYPEWRITERS

Exercising should be enjoyable and adding some flair to your pull-up game is another way to make it more exciting. I mean, it got me on the Ellen DeGeneres Show, right? So, when you're ready to challenge me to a dance-off on the pull-up bar, you'll want to have a few advanced moves up your sleeve, like archer pull-ups and typewriter pull-ups.

1. ARCHER PULL-UPS

Archer pull-ups involve a wide grip and an alternating single-arm focus. This variation challenges your ability to control and balance your body while strengthening one side at a time.

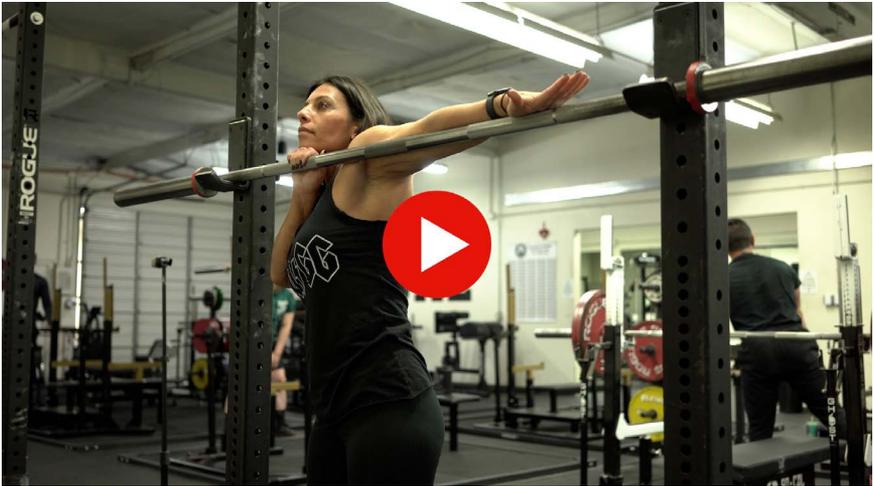
HOW TO PERFORM ARCHER PULL-UPS

- Begin in a dead hang with a wide overhand grip.
- Pull yourself up to one side while keeping the opposite arm straight and extended.
- Lower yourself back down to a dead hang and repeat on the other side.
- Alternate between sides for the desired number of reps.

TIPS FOR MASTERING ARCHER PULL-UPS

- Start with wide-grip pull-ups: If you struggle with archer pull-ups, first build strength and confidence with wide-grip pull-ups.
- Use an assisted pull-up machine or resistance bands: These can provide support and help you progress toward unassisted archer pull-ups.
- Focus on slow, controlled movements: Avoid swinging or using momentum to perform the movement.

- With the extended arm I like to pop my wrist up on the bar, this helps me hold myself above the bar easier.



2. TYPEWRITER PULL-UPS

Typewriter pull-ups, also known as side-to-side pull-ups, involve pulling yourself up to the bar and then moving your body horizontally while keeping your chin above the bar. This variation emphasizes unilateral strength and requires a strong core and grip.

HOW TO PERFORM TYPEWRITER PULL-UPS

- Begin in a dead hang with a slightly wider-than-shoulder-width grip.
- Pull yourself up until your chin is above the bar.
- Move your body horizontally from one side to the other while maintaining your chin above the bar.
- Return to the center and lower yourself back down to a dead hang.



TIPS FOR MASTERING TYPEWRITER PULL-UPS

- **Develop a strong wide-grip pull-up:** Ensure you can perform multiple wide-grip pull-ups with proper form before attempting typewriter pull-ups.
- **Use isometric holds:** Practice holding your chin above the bar for extended periods to build the necessary strength and endurance.
- **Strengthen your core:** Incorporate core exercises, such as planks and hanging leg raises, to improve your ability to maintain body control during the movement.

CHAPTER 6

PUTTING IT ALL TOGETHER - CREATING A UNIQUE PULL-UP DANCING ROUTINE

Now that you've got a grasp on some pull-up variations, let's put them all together to create a unique pull-up dancing routine that'll surely impress. Imagine pausing at different points during your pull-ups, adding some stylish toe touches, and even incorporating airwalking moves to show off your body control and creativity. By combining these elements, you'll not only be challenging your strength and endurance, but it'll really test out your rhythm skills.

PRO TIPS

- **Pause your pull-ups in different spots. This helps you develop greater body control, strength, and stability throughout the entire range of motion. When you pause during a pull-up, you're challenging your muscles to maintain tension and control in various positions, which is crucial for executing fluid and dynamic pull-up dancing movements.**
- **When you're just starting to add foot movement to your pull-ups, stick with the standard pull-up, focusing on slow and controlled movements. Keep the leg action minimal by gently toe-tapping from side to side.**
- **Choose music with a comfortable tempo, neither too fast nor too slow, to ensure that if you lose your rhythm, it's easy to get back on track and maintain your flow.**

CHAPTER 7

FINAL THOUGHTS

I really want to emphasize that getting your first pull-up is a journey that takes time, patience, and persistence. Remember, Rome wasn't built in a day, and neither is a fancy pull-up. I always like to say that if you approach it like it's playtime, you'll have a lot more fun and success along the way.

Don't get discouraged if you don't see instant results. Just like any other skill, it requires consistent effort and practice. So, rather than stressing about how long it takes, focus on enjoying the process and celebrating your small victories. Trust me, your body will thank you for treating this challenging exercise like a game, and you'll find yourself smiling as you progress.

Whether it's mastering those inverted rows or finally choreographing that first full pull-up dance, cherish every little win, and embrace the journey with a playful spirit. The more you enjoy yourself and treat this as a fun adventure, the more motivated you'll be to stick with it.

So, keep your chin up (literally and figuratively), be patient with yourself, and remember to have FUN while working towards your pull-up goal. You've got this, and I believe in you.