

## Level Four: Assisted Chin Up

Assisted chin up is the progression from cables now that we have balance in the rowing action i.e. symmetrical movement. The chin up also allows for a linear progression to lifting own body weight, it still requires pelvic control and core control.



### Target Muscles

**Primary Muscles:** latissimus dorsi, rhomboids, brachialis, brachioradialis

**Secondary Muscles:** pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus

### Teaching Points

- Select the appropriate weight for the clients goal (the heavier it is the easier it is)
- Take hold with an overhand grip, arms wider than shoulder width
- Place your knees up onto the pad
- Keeping core engaged, spine neutral
- Lower yourself until full extension through torso
- Lift back to the start position, keeping body aligned (not flexing at the core or bringing the knees up)
- Stop short of the weight stack touching and perform target number of repetitions

**Look out for:** flexing the core (bringing the knees to the chest), bringing the chin to the sternum, swinging to initiate the lift, speed of eccentric movement

