
Level Five: Chin Ups

Chin up incorporate all aspects of previous rows; they require strength with stability and whole body control to perform a single repetition.



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

- Grip the bar with hands facing away from you, arms extended
- Looking straight ahead (or slightly up), spine neutral and core engaged
- Pull up, leading with your chest (not shoulders) until your chin is above the bar
- Control the descent back to the start, until arms are fully extended

Look out for: bringing the chin to the sternum, swinging to initiate the lift, speed of eccentric movement.

