



# THE **LEAN** BERETS

## AVENGERS OF HEALTH!

# GETTING ON THE BAR

***A simple pull up bar is one of “the” best fitness tools to have in your routine! Getting on the bar goes way beyond just a military pull too—there are all kinds of exercises and fitness tools you can try once you have a pull up bar. We believe that pull up bars are part of the simple solution to improve both fitness and health, so here are some quick tips to get you UP and ON the bar! Enjoy and have FUN!***

**Safety:** Remember, “off the ground” training should follow your “on the ground” training—not come before. Set your structure and movement control safety ON the ground first before you consider getting off the deck.

- Train like people used to train that had real fitness over a hundred years ago—90% perfection or better. If you cannot get 90%, modify by stopping or making the exercise easier so you can maintain quality and safety. Getting proficient with a bar is not about high volume training with bad form—it’s about low volume training with high-quality and crisp mental focus.

**Range of Motion:** Ideally, you should have a full Range Of Motion (ROM ideally is 180 degrees) with shoulders—or at least very close before you attempt to hang “vertically” under a bar. If you have a decreased ROM, you can easily modify and make it safe by using a TRX Suspension Trainer, Jungle Gym, Gymnastic Rings, ropes, etc. which allow you to use a more “recline” or “leaning back” position (decreased ROM requirements) as opposed to a full vertical hanging position. Use corrective exercises to restore your shoulder ROM too, or, seek clinical assistance.

**Beginner Exercises:** Good to build bar foundation for higher level moves later.

- **Dead Hang:** Full vertical hanging under the bar with overhand grip. Hanging for 30 seconds straight can be a challenging goal for a beginner.
- **Scapular Pull Ups:** Keep arms straight and locked at elbows as you use your scapulae (shoulder blades) to pull your body up vertically. Not a lot of movement here but major strength challenge as you engage the “lat muscles” which are like big anchors for your shoulders. *Think lats and use lats when doing pull ups!*
- **Negative Pull Ups:** Assisted pull up technique where you use a plyo box to stand higher and closer to bar then take a slight “jump” to the chin over bar position. From the up position, slowly lower all the way down then hop back up so chin is over bar and repeat. These will make you strong fast, and you’ll be amazed at how hard ten slow negative pulls up can be...remember, the key is *slowing down* the “negative” or descending direction.
- **Hollow-Position Pull Ups:** Similar to vertical hang pull ups but a more concave shape to body where you tense abdominals, glutes while tucking pelvis—closer to a true gymnastics pull up movement.
- **ONE Perfect Overhand Grip Military Pull Up!** Wide overhand grip. No kipping or kicking or clawing your way up. Just one perfect pull up—from your lats. Try it.