efitness365: Fit to Live

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Pull Up Challenge:

-Pick an exercise you struggle with and do it 3x a week

-Make these exercises a priority after warming up

Level 1 Single arm rows (3 sets of 8) 2 minute break between sets. Weight should be heavy! When you are using at least a 25-pound dumbbell, proceed to the next level.

Level 2 Inverted rows (3 sets of 8) Proper form is important. Lie on the floor underneath the bar, which should be set just above your reach point, directly above your chest. Grab the bar with your palms facing away from you. Contract your abs and pull straight up, keeping in the "plank" position. Keep your entire body in a straight line until your chest touches the bar. Lower yourself all the way down. If this is too hard, try a higher bar initially. As you pull up keep your elbows in, pulling bar to the chest, pulling shoulder blades together at the top of the bar.

Monday: Overhand inverted rows 3 sets of 8

Wednesday: Underhand inverted rows (reverse hands)- 3 sets of 8

Friday: Overhand inverted rows- 3 sets of 8
Once you are able to do body weight rows successfully, proceed to the next level.

Level 3 Assisted pull ups (3 sets of 8)- You can use a chair, a friend, or an exercise band. Again, keep your abs tight and your shoulder blades pinched together. Focus on pulling the bar down with your arms. Try to use the assistance as little as possible and avoid swinging your body.
A great exercise at this point is a 'negative'- you jump above the bar and lower yourself down *s-l-o-w-l-y* and in control.

Once you reach Level 3 your workout will look like this:

Monday: Assisted pull ups 3 sets of 8
Wednesday: Inverted rows- 3 sets of 8
Friday: Assisted chin ups- 3 sets of 8

Once your master level 3, proceed to PULL UPS!!!

Pull ups- Pull your shoulder blades back, focus on pulling the bar down. Bring your chin above the bar. Try to do at least 3 reps of one rep.

Enjoy!