

StrongLifts Pullup Tip Sheet

How to do Pullups

1. Grab The Bar. Grip it about shoulder-width apart. Full grip with your palms down.
2. Hang. Raise your feet off the floor by bending your knees. Hang with straight arms.
3. Pull. Pull yourself up by pulling your elbows down to the floor. Keep your elbows close.
4. Pass The bar. Pull yourself all the way up until your chin passes the bar. Don't do half reps.
5. Repeat. Lower yourself all the way down until your arms are straight. Breathe. Pullup again.

Pullups Form 101

- Grip. Full grip. Face your palms away. Hold the bar high, close to your fingers.
- Grip Width. Your hands should be about shoulder-width apart. Don't grip too wide.
- Elbows. Keep them 45° in like when you Overhead Press. Don't flare your elbows out.
- Chest. Raise your chest. Lead with it on the way up. Try to touch the bar with your chest.
- Shoulders. Keep them back. Don't roll them forward. Don't squeeze your shoulder-blades.
- Head. Keep it neutral. Look forward. Don't look at the bar. Don't reach for it with your head.
- Lower Back. Stay neutral. Straight line shoulders to knees. Don't over-arch your lower back.
- Legs. Bend your knees to keep your feet off the floor. Cross your legs and squeeze your glutes.
- Bottom. Hang with straight arms and locked elbows. Shrug your shoulders towards the ceiling
- Way Up. Pull yourself up by pulling your elbows down and to the floor. Lead with your chest.
- Top. Get your chin over the bar. Keep your head neutral. Don't pull it forward to the bar.
- Way Down. Lower yourself all the way down until your arms are straight at the bottom.
- Breathing. Take a big breath at the bottom, hold it at the top, exhale/inhale at bottom

Lack Strength for Pullups?

- Try Chinups: grip the bar with your palms facing up
- Do Negatives: jump up to get over the bar, then lower yourself slowly
- Use a resistance band: loop it around your leg to help you on the way up
- Grease the groove: get a doorway pullup bar, do a pullup everytime you pass it
- Avoid machines: to get better at Pullups you must do Pullups. Don't use machines

Read more

- <http://stronglifts.com/pullup/>
- <http://stronglifts.com/5x5/>
- <http://stronglifts.com/apps/>