

PARALLETES EXERCISES TRAINING GUIDE

Best 37 Exercises with Parallettes



- ✓ Exercises for beginner, advanced & professional athletes
- ✓ Work out anywhere, anytime!
- ✓ Incl. detailed exercise descriptions with pictures



Table of contents

A few important words in advance	3
About this workout guide	4
Important information in advance	5
Parallettes of Pullup & Dip	6
<hr/>	
Exercises with parallettes	8
Parallettes exercises for beginners	8
Parallettes exercises for advanced athletes	20
Parallettes exercises for professionals	34
Expand your bodyweight workout with premium products from Pullup & Dip	40
FREE bonus material	41
Most popular blog articles	42
Final words	43

A big thank you in advance

We thank you very much for choosing our eBook „**Parallettes Exercises Training Guide**“ by Pullup & Dip. Our goal with this ebook is to fully assist you in training with a large number of different exercises so that you can get the most out of your workout. One-sided training will be a thing of the past after reading this book! In this ebook you will find **37 exercises with parallettes** for a varied bodyweight workout. A gym is not needed, you have 100% flexibility and can train whenever and wherever you want.

Feedback on the ebook and our products

If you already own one of our products, we thank you very much for your purchase and support. We want to deliver the best possible products for our customers as well as great content like this ebook so that you can get the most out of your training. So if you have **feedback** on our **products** or this ebook, we would be very happy if you could share it with us. We are happy to read all your messages. Simply contact us by email at **info@pullup-dip.com**. We will do our best to consider your feedback and opinions in the future!

Please leave us a product review on Amazon or on our webshop

If you already own one of our products and are satisfied with it, we would be very happy if you could leave us your **feedback** in the form of an honest product review on Amazon or on our webshop. By doing that you not only support us, but also other potential customers in the product decision. Thank you very much in advance!

Stay updated!

Do you want to stay up-to-date about new products, training tips and exclusive giveaways as well as discount promotions? Then sign up for our [newsletter](#) and do not miss a thing! On our website [pullup-dip.com](#) you will always find the latest **blog articles** about bodyweight training as well as all our **products from Pullup & Dip**.

Follow us on [Facebook](#), [YouTube](#) and [Instagram](#) to see the latest training videos, training tips and giveaways. Of course, if you share your workout videos / pictures with the hashtag **#pullupanddip** on social media we would be of course very happy.





About this workout guide

What's waiting for you

With this ebook, we want to fully support you with your bodyweight training and provide you with a varied workout. We'll show you a total of **37 different exercises with low and medium parallettes**.

The ebook includes exercises of all skill levels, for **beginners, advanced** as well as **professionals**. We executed the listed exercises in the outdoor area, but of course they can also be done at home. Our ebook and our products thus allow you to train with flexibility at home, in the garden, in the park or on a trip, but also in a hotel room. Thus, you have the opportunity to execute your training anywhere you want and to stay fit and healthy.

We have divided the exercises in this ebook into the following three chapters:

- 1| Parallettes exercises for beginners
- 2| Parallettes exercises for advanced athletes
- 3| Parallettes exercises for professional athletes

For each exercise, you will always find a list of trained muscles so you know exactly which muscles you are training with this exercise.

Helpful Articles

In the last chapter of this ebook, you will find an excerpt of our most popular blog articles about bodyweight training, calisthenics and pull-up training. On our [website](#) we regularly publish helpful articles about these topics to help you succeed in training. Have a look over there.

Now we wish you lots of fun and successful training!

Sporty greetings,
your Pullup & Dip Team

Before performing the listed exercises, we always recommend a detailed warm-up with a jumping rope, stretching and mobility exercises in order to minimize the risk of injury. Please never use the listed product without enrollment. Never perform exercises that you are not sure about or are unfamiliar with. In case of uncertainty, always consult a professional trainer. If during training you experience pain or discomfort, stop exercising immediately and consult a physician.

Any form of physical training carries the risk of injury. Please know your own limits and do not exceed them. We recommend the listed exercises only to fully-grown and adult persons. Despite careful work, we can not guarantee the accuracy and completeness of the content described. The implementation of this is at your own risk and responsibility.

The product must be examined before each use, if everything is in order. If you discover defects in the product, you must not use this in any case. Please inform us via email to service@pullup-dip.com.

The company FT Fitness Technology GmbH excludes the liability for damages and consequential damages resulting from the execution of the described exercises as well as the training contents described in this book.

All contents of this book, in particular pictures, graphics and texts are protected by copyright. The copyright is, unless otherwise indicated, at the company FT Fitness Technology GmbH, Blütenburgstraße 25, 80636 Munich. If you would like to use contents of this book, please ask us in advance by e-mail to info@fitness-technology.de.

Publisher:

Pullup & Dip
FT Fitness Technology GmbH
Blütenburgstraße 25
80636 Munich, Germany
Tel. +49 89 6606 3007

Design:

Nadine Bauer | Pullup & Dip

What are parallettes?

Do you know the parallel bars from school gymnastics? Parallettes are parallel bars in small format and also known as mini bars. They are especially suitable for gymnastics and Calisthenics exercises and can be used very versatile. The Parallettes are independent of each other and are usually parallel to each other for most exercises, hence the name parallettes. Parallettes are available in different versions - low, medium and high. Our own parallettes are available in low and medium.

Who is this product suitable for?

Parallettes are suitable for those who want to save time and in the long term also gym costs and would prefer to train flexibly with your own body weight outdoors or at home. The Parallettes allow you to do a highly effective total body workout with 37 exercises (see following pages). Thus you can make any place outdoors to your own outdoor gym and you can also train at home in your own home gym. The product is ideally suited for Calisthenics and Crossfit athletes as well as gymnasts and all other bodyweight athletes.

Benefits of training with parallettes

With Parallettes you train your upper body and trunk muscles and gain in strength, body control and flexibility. Your radius of movement is increased so much, which allows you to perform many more exercises. Parallettes are also extremely flexible, so you can complete your workout either at home or outdoors in good weather. Parallettes also require little space and can be stowed well in the home gym. The purchase price is also very low given the vast range and variety of exercises that they can be used for.

Versions of the parallettes

Low Parallettes: Our low parallettes are particularly suitable for exercises such as pushups, handstands or L-sit. They are very light, compact, easy to stow and can be transported well in a backpack.

Medium Parallettes: The medium parallettes allow you to do exercises such as handstand push-ups, knee-raises or various forms of push-ups and are especially suitable for your home gym or a normal gym.

Find the right parallettes for you

Whether low or medium parallettes are better for you ultimately depends on what you intend to do with the parallettes. Low Parallettes are more compact and better suited for transport. So if you want to do a lot of outdoor exercises, low parallettes are better for you. If you want to be able to train as many exercises as possible, medium parallettes are better suited for you as they allow you to perform even more exercises.

Features of our wooden parallettes

- ✓ **Handle height according to your choice:** The parallettes are available in two different versions in **LOW** and **MEDIUM** according to your requirements
- ✓ **Ergonomic joint-friendly wooden handle:** The specially designed ergonomic wooden handle made of natural beech wood is perfectly tailored to your hand, protects your wrists, is injury-preventing and offers in comparison to steel tubes a perfect grip even with sweaty hands.
- ✓ **Wrist Support:** Parallettes support your wrists because you do not have to bend them like for exercises such as push-ups, but can perform them in a neutral position.
- ✓ **Durable and extremely stable:** The wooden parallettes are made of high quality materials and extremely stable. The solid heavy-duty steel feet in combination with high-quality wooden handles ensure extreme stability and longevity.
- ✓ **Versatile exercises:** The parallettes are free to move independently and allow you to perform a versatile bodyweight workout. They are ideal for exercises such as L-sit, handstand, planche, push-ups, and many more exercises. Perfect for Calisthenics, Crossfit, Gymnastics and Bodyweight Training.
- ✓ **Firm stand & modern design:** Special non-slip and durable anti-slip pads protect the floor and provide a secure and firm footing for your workout. The modern design is very space saving, so you can easily stow them away at home.
- ✓ **Indoor & outdoor training:** Thanks to the robust anti-slip pads and the feet, the parallettes are suitable for training at home, in the gym or outdoors
- ✓ **No installation work:** The wooden parallettes are already assembled so you can start directly with your workout.
- ✓ **From athletes for athletes:** Our wooden parallettes have been specially designed in collaboration with athletes.



1 | Parallettes Push-ups

Description

Stressed muscles



Position

- Grasp the parallettes that are parallel to each other on chest height (shoulder width)
- The arms are almost completely stretched-the legs are stretched through.
- Lean on the tips of your toes.
- Body Tension!
- Your body forms a straight line.

Downward movement

- Lower your upper body by bending your arms.
- Elbows remain as close to the body as possible.
- The downward movement is finished as soon as your chest is at the height of the handles.

Upward trend

- Push your body weight back to the starting position, elbows remain close to the body.
- At the end of the upward movement, do not stretch the arms completely!

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Front part of the delta muscle
- Front saw muscle

2 | Static Knee raise

Description

Stressed muscles



Position

- Grasp the handles and move into the „seat position“ (angle between upper and lower legs is 90 degrees).
- Pull the toe tips towards the upper body.
- The entire weight is loaded on the arms, which are stretched through.
- The upper body is upright.
- Shoulders remain in natural position (do not sink or tension in the shoulder belt).
- Body Tension!

Execution

- Pull the knees/thighs as far as possible towards the chest.
- The gaze remains facing forward and the head does not go towards the knee.
- Once you have reached the top, keep the tension as long as possible and support you with your arms stretched out.
- Lower the knees slowly again (until the angle between the upper and lower legs is 90 degrees).
- Keep the tension in the abdomen upright and perform the next repetition.
- The body tension must be kept upright all the time!

Target muscles:

- Straight abdominal muscle
- Pyramidalis muscle

Supporting muscles:

- Oblique abdominal muscle

3 | Straight bar overhand push-ups

Description

Stressed muscles



Position

- Support yourself with both arms (in the upper hand grip) about shoulder-width on the Parallettes, which are standing in a line.
- The hands are at the height of your chest in the upper grip.
- Place your feet on the tips of your toes.
- The legs are stretched.

Important: Your legs, your torso and your head form a straight line (do not stretch the buttocks upwards and do not hang in the hips).

Downward movement

- Lower your upper body and breathe in.
- The elbows point to the rear as far as possible, i.e. they are not led outward.
- Keep the tension in the entire body upright.
- The downward movement is finished as soon as your chest is at about the height of the Parallettes.

Upward trend

- Push your body weight back up (only out of the chest and arms).
- Breathe out.
- At the end of the movement, do not completely stretch the elbow joints!

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Front part of the delta muscle
- Front saw muscle

4 | Straight bar underhand push-ups

Description

Stressed muscles



Position

- With both arms, lean shoulder-wide on the Parallettes that are in one line.
- The hands are at the height of your chest (**underhand grip position**).
- Place your feet on the tips of your toes.
- The legs are stretched.
- Important: Your legs, your upper body and your head form a line (do not stretch the buttocks upward and do not hang in the hips).

- Target muscles:**
- Large chest muscle

- Supporting muscles:**
- Triceps
 - Front part of the delta muscle
 - Front saw muscle

Downward movement

- Lower your upper body and breathe in.
- The elbows point to the back and are not led outward.
- Keep the tension in the entire body upright.
- The downward movement is finished as soon as your chest is at about the height of the Parallettes.

Upward trend

- Push your body weight back up (only out of the chest and arms).
- Breathe out.
- At the end of the movement, do not completely stretch the elbow joints!



5 | Single leg core compression

Description

Stressed muscles



Position

- Support yourself with both outstretched arms on the Parallettes.
- Your feet are stretched forward on the ground

Execution

- Now lift one leg to the top as far as possible, hold it for a few seconds and then lower the leg again to the ground before changing to the other leg.

Target muscles:

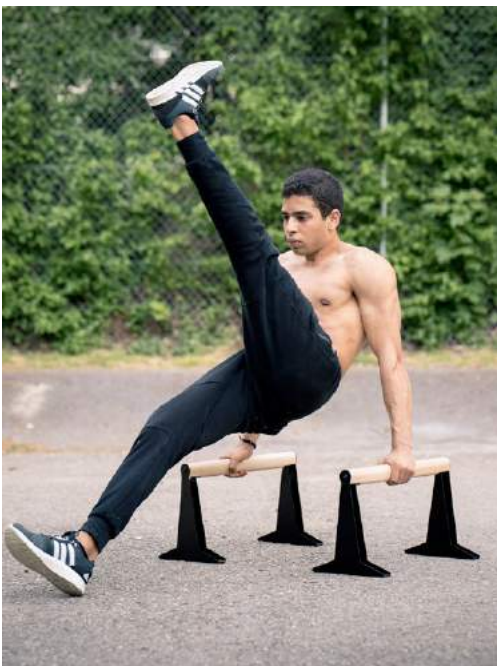
- Straight abdominal muscle (especially the lower fibres)
- Inner hip muscles

Supporting muscles:

- Delta Muscle
- Triceps
- Chest Muscles

Note:

The thigh muscles are also claimed in a dimension that is not to be underestimated.



6 | Planche lean

Description

Stressed muscles



The exercise prepares for the Planche as well as for further exercises and movements (e.g. hand-stand push-ups).

Position

- Move to the starting position by grasping the Parallettes (hands are under the shoulders) and stretch through the arms as well as the legs.
- Your body forms a line.
- Spread your thighs actively.
- Go as far as possible on the tips of your toes.
- The pelvis is fixed.
- The back is slightly curved.
- the shoulders are tense.
- Your gaze is directed to the ground all the time.
- There is no movement in the neck.

Execution

- Lean forward over your shoulders without losing your body tension.
- Aid: Try to push the ground under you backwards.
- Only go as far forward as it is pleasant for you. The body weight is mainly on the hands.
- Keep the end position as long as possible.

Stressed body parts:
 Entire body and above all:
 – Arm muscles
 – Shoulder muscles
 – Wrists

7 | Pike push-ups

Description

Stressed muscles



Position

- As with push-ups
- The arms are completely stretched.
- Now raise your hips so that your body is a „V“ standing upside down.
- Your arms and legs should stay as stretched as possible.
- The head is located between the arms.

Execution

- Bend the elbows and lower your upper body to the extent that your head almost touches the ground.
- Push back to the starting position.
- At the end of the movement, do not stretch the arms completely!

Target muscles:

- Triceps
- Lateral part of the delta muscle
- Posterior and front part of the delta muscle

Supporting muscles:

- Large chest muscle
- Hooded muscle



8 | Parallette push tuck dip

Description

Stressed muscles



Position

- Grap the parallettes on chest height (shoulder width)
- The arms are almost completely stretched and form a right angle to the ground.
- Legs are stretched.
- Lean on the tips of your toes.
- Body Tension!
- Your body forms a straight line.

Push-Ups

- Lower your upper body by bending your arms.
- Elbows remain as close to the body as possible.
- The downward movement is finished as soon as your chest is at the height of the handles.
- Push-Up back again.

Dips

- Now guide your two legs forward through the Parallettes and place them stretched out on the ground.
- Rest on your arms and then go down in the form of a dip with the upper body.
- when your upper arms are parallel to the ground, press upwards again until your arms are almost stretched.
- Then go back to the push-up position.

Target muscles:

- Large chest muscle
- Triceps

Supporting muscles:

- Front part of the delta muscle
- Front saw muscle

9 | Dips



Description

Position

- Take one Parallette in the support (neutral grip).
- Arms are almost completely stretched.
- The legs are stretched forward and placed on the other Parallette.
- Upper body upright.
- View is straight ahead.
- Light hollow cross position.
- Elbows close to the body.

Downward movement

- controlled bending of the elbow --> lowering of the body.
- As soon as the angle between upper and lower arms is 90 degrees, the downward movement is finished.

Upward trend

- Press back to the starting position.
- At the end of the movement, do not completely stretch the elbows.

Stressed muscles

Target muscles:

- Triceps
- front part of the delta muscle
- large chest muscle

Supporting muscles:

- Long radial hand stretcher
- short radial hand stretcher
- common finger stretcher

10 | Shoot through



Description

Position

- Grasp the handles with stretched arms in the neutral grip (in front of your upper body), as with push-ups.

Forward movement

- Support yourself on the handles and bring your legs explosively forward through the Parallettes. Bend the legs a little bit.
- Put up your heels
- The upper body is upright.
- The look is directed forward.
- The elbows are close to the body and the back is in the light hollow cross.

Backward movement

- Swing the legs backwards explosively, so that you land in the starting position.

Stressed muscles

Target muscles:

- Triceps
- Front part of the delta muscle
- Large chest muscle

Supporting muscles:

- Long radial hand stretcher
- Short radial hand stretcher

11 | Wide push-ups

Description

Stressed muscles



Position

- As with conventional push-ups, support yourself on the Parallettes.
- The difference in this exercise is that your hands are much farther apart (about one and a half times shoulder width).
- Stretch your legs backwards and place your toes on the ground.
- Build up body tension.
- Your body forms a line.

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Front part of the delta muscle
- Front saw muscle

Execution

- Lower your body in a controlled manner (until your chest is at about the height of the handles).
- Press back to the starting position.
- At the end of the movement do not stretch the elbows completely!



12 | Mountain Climbers

Description

Stressed muscles



Position

- As with the push-ups.
- Hands are slightly farther apart than shoulder width.
- Build up tension in the abdomen and lower back.
- Body forms a line (during the whole exercise!).

Execution

- Pull your right knee explosively to the right elbow.
- The hands do not leave the Parallettes.
- There must be no contact, but the knee should be moved as close as possible to the elbow.
- Move the right leg back to the starting position.
- At the same time: pull the left knee to the left elbow.
- Left knee back to the starting position while keeping the right knee to the right elbow.

Important: Both legs move at the same time; Toe tips only touch the ground in the starting position; Look is directed towards the ground.

Target muscles:

- Straight abdominal muscle
- Quadriceps
- Hamstrings
- Gluteus

Supporting muscles:

- Two-headed calf muscle

13 | Side leg raises

Description

Stressed muscles



Position

- As with the push-ups.
- Hands are slightly farther apart than shoulder width.
- Build up tension in the abdomen and lower back.
- Body forms a line (during the whole exercise!).

Execution

- Pull your left knee to the right hand.
- The hands do not leave the handles.
- There must be no contact, but the knee should be held as far as possible to the hand.
- Move the left leg back to the starting position.
- Then pull the right knee to the left hand.
- Right knee back to the starting position, etc.

Target muscles:

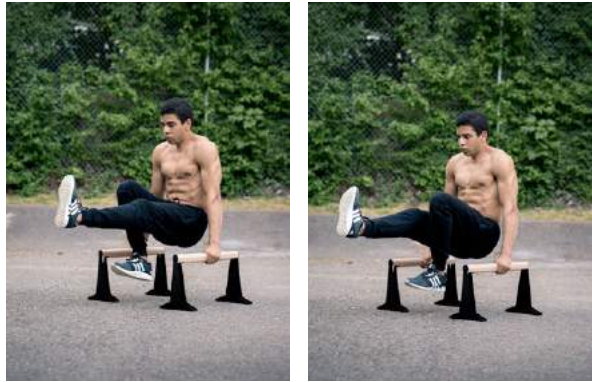
- Oblique abdominal muscles
- Straight abdominal muscle
- Quadriceps
- Hamstrings
- Gluteus

Supporting muscles:

- Two-headed calf muscle



14 | L-sit switches



Description

Execution

- Go crouching between the Parallettes.
- Grasp the handles in the neutral grip (with arms stretched).
- Push yourself out of the Parallettes and draw up your knees (as you sit on a chair).
- The upper body is upright.
- Keep the tension in the upper body so that your shoulders do not sag.
- Stretch a leg and then pull it back again.
- Switch to the other leg.

Stressed muscles

Target muscles:

- Straight abdominal muscle (especially the lower fibres)
- Inner hip muscles

Supporting muscles:

- Delta muscle
- Triceps

15 | L-sit



Description

Position

- Go crouching between the Parallettes and grasp the handles with the arms stretched.
- Put your feet in front of your body (as if you were sitting on a chair).
- Consciously push your upper body out of the Parallettes so that your shoulders do not sag.
- Your upper body is upright all the time.

Execution

- Keep your arms stretched and tighten your knees to the height of your chest.
- Stretch the legs out.
- Persist as long as possible in this „L-position“ (90-degree angle between the upright upper body and the outstretched legs).

Tip to simplify the exercise:

You can also run the L-sit alternatively with one outstretched leg s. exercise 14

Completing the exercise

- First place your feet on the ground to not strain your shoulders and elbow joints in a wrong way.

Stressed muscles

Target muscles:

- Straight abdominal muscle (especially the lower fibres)
- Inner hip muscles

Supporting muscles:

- Delta muscle
- Triceps
- Chest muscles

Note:

The thigh muscles are also claimed in a dimension that is not to be underestimated.

16 | L-sit siders

Description

Stressed muscles



Position

- Take a squat position between the Parallettes and grasp the handles with the arms stretched.
- Put your feet in front of your body (as if you were sitting on a chair).
- Consciously push your upper body out of the Parallettes so that your shoulders do not sag.
- Your upper body is upright.

Execution

- Keep your arms stretched and tighten your knees up to chest height.
- Stretch the legs to take the L-sit position.
- By turning the hip, you shift your legs alternately to the left or to the right of your body.

Completing the exercise

- Return to the middle and put your feet on the floor before taking your hands off the handles.

Target muscles:

- Straight abdominal muscle (especially the lower fibres)
- Inner hip muscles
- Lateral abdominal muscles

Supporting muscles:

- Delta muscle
- Triceps
- Chest muscles

Note:

The thigh muscles are also claimed in a dimension that is not to be underestimated.

17 | Tucked sit kicks

Description

Stressed muscles



Position

- Grasp the handles in the neutral grip (with arms stretched).
- Push yourself out of the Parallettes and pull your knees towards the chest (as you sit on a chair).
- The upper body is upright.
- Keep the tension in the arms and upper body so that your shoulders do not sag.

Execution

- Stretch the legs explosively forward (kick).
- Then pull the legs back in and perform the next repetition.
- Make sure that your lower body is as horizontal as possible and that your upper body is perpendicular to the ground.

Target muscles:

- Core
- straight abdominal muscle (especially the lower fibres)
- Inner hip muscles

Supporting muscles:

- Triceps
- Lower back muscles
- Straight thigh muscle



18 | Typewriter push-ups

Description

Stressed muscles



Position

- As with push-ups: arms are almost completely stretched, body and head form a line, tension throughout the body.

Execution

- Bend the elbows at the 90 degree angle to reach the ground.
- Lean on one side and shift the body weight to it.
- The front deltoid is guided as close as possible to the hand of the same side.
- At the same time you stick the other arm to the side.
- Move the body weight to the other side and perform the same movement by moving like a typewriter head from one side to the other.
- Then push up again.

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Core
- Shoulder muscles

19 | Archer Push-ups

Description

Stressed muscles



Position

- As with the push-up: Body and head form a line, tension throughout the body.
- Lean on one side and keep the other arm stretched sideways.
- The elbow of the loaded arm is kept as close to the body as possible.
- The angle between the upper and forearm is approximately 90 degrees.

Execution

- Let yourself in a push-up position down diagonally towards one parallette.
- Push yourself with one arm out of this position back upwards. The other arm is stretched to the side.
- Then switch the side.

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Delta muscle
- Core

20 | One arm push-ups

Description

Stressed muscles



Position

- As with normal push-ups
- Difference: the feet are much farther apart.
- The farther the distance between the feet, the easier the balance can be held.
- Build up body tension and keep it the entire time upright!

Downward movement

- Lift one hand from the Parallettes and guide it behind your back.
- **Important:** The hand should be „ready“ for the entire time if your power leaves.
- Actively tense your abdominal muscles.
- The hip is fixed.
- Lower the body until the tip of your nose is about the same height as the handles.
- The elbow of the loaded arm should be kept as close to the body as possible (do not point to the side).

Upward movement

- Stretch the arm again so that you return to the starting position.
- Do not completely stretch the elbow at the end!
- Perform as many repetitions as possible and then switch the side.

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Front part of the delta muscle
- Front saw muscle

21 | Front clap push-ups

Description

Stressed muscles



Position

- As with the push-ups: arms placed almost entirely stretched on the ground, body and head form a line, tension throughout the body.

Execution

- Bend your arms and lower the upper body.
- Elbows remain as close to the body as possible.
- Once your chest is at the height of the Parallettes, push yourself explosively back up.
- Before your elbows are fully stretched, clap your hands.
- Catch your weight on the Parallettes again.
- Be careful not to bag, i.e. the body tension stays upright all the time (body forms a line).
- As soon as you have a secure hold, the downward movement and the next repetition follows, where you support yourself explosively from the Parallettes.

Important: Elbows close to the body; Explosive power here is very important!

Target muscles:

- Large breast muscle

Supporting muscles:

- Triceps
- Delta muscle
- Core

22 | Triceps Push-Ups

Description

Stressed muscles



Position

- Grab the Parallettes, that are parallel to each other, on chest height (shoulder width).
- The arms are almost completely stretched - the legs are stretched through.
- Lean on the tips of your toes.
- Body Tension!
- Your body forms a straight line.

Execution

- Lower the body downwards by bending the arms in the elbow joint slowly and in a controlled manner.
- Your body stays straight and loses no body tension
- Lower your body until your forearms touch the Parallettes handles.
- Keep the elbows close to the body to maximize the strain on the triceps.
- Then push your body upwards by stretching your arms.

Target muscles:

- Triceps

Supporting muscles:

- Large chest muscle
- Front part of the delta muscle
- Front saw muscle
- Core

23 | Robot Push-ups

Description

Stressed muscles



Position

- Grab the Parallettes that are parallel to each other on chest height (shoulder width).
- The arms are almost completely stretched and form a right angle to the ground.
- Legs are stretched.
- Lean on the tips of your toes.
- Body Tension!
- Your body forms a straight line.

Downward movement

- Lower your upper body by bending your arms. The elbows remain as close to the body as possible.
- At the height of the handles, you move your upper body parallel to the ground controlled forward by pushing you forward and also pulling your feet.

Upward trend

- Pull your body weight parallel back to the ground and then press back into the starting position.
- Elbows remain close to the body.
- At the end of the upward movement, do not stretch the arms completely!

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Front part of the delta muscle
- Front saw Muscle

24 | Under the fence push-ups

Description

Stressed muscles



Position

- Go into the conventional push-up position. The Parallettes are parallel to each other.
- Your hands are slightly farther apart than shoulder width.
- The back is straight.
- The feet are firmly on the floor.

Target muscles:

- Large chest muscle
- Shoulder muscles
- Different parts of the back

Downward movement

- Slide through your body under an imaginary fence.
- To do this, first lower your shoulders and head to the front.
- Slide with your chest as close as possible to the ground and through your arms.
- Your hands do not leave the handles.

Supporting muscles:

- Triceps
- Front part of the delta muscle
- Front saw muscle



Upward movement

- Push your chest back to the top by sticking your arms through.
- The hips remain flat.
- Your gaze is directed straight ahead.



25 | Tiger-Bend Push-Ups

Description

Stressed muscles



Position

- The Parallettes are parallel to each other.
- Your arms are almost completely stretched.
- Head, torso and legs form a line.
- Tension throughout the body.
- Hands slightly farther than shoulder width apart.

Downward movement

- Start a push-up with the upper body leaning forward as far as possible. Lower your body so far until your chest is at the height of the Parallettes.
- At the front move back parallel to the ground until your elbows are parallel to the handles.

Upward movement

- The inverted „cradle movement“ will return you to the conventional lower push-up position.
- Push yourself out of the chest and the arms again.
- Do not completely stretch the elbows.

Target muscles:

- Large chest muscle

Supporting muscles:

- Triceps
- Front part of the delta muscle
- Front saw muscle

26 | Straddle hold

Description

Stressed muscles



Position

- Grasp the Parallettes as in the picture.
- Shift your bodyweight to your hands.
- The shoulders remain firm and the arms stretched.

Execution

- Take a squat position (the feet are spread sideways from the parallettes).
- Your inner thighs are slightly above the elbows.
- Stabilize the position by body tension.
- Try to stretch the legs completely.

Alternative: You can bring your hips up by shifting your body weight forward and leaning on your arms.

Target muscles:

- Straight abdominal muscle (especially the lower fibres)
- Hip muscles

Supporting muscles:

- Delta muscle
- Triceps
- Chest muscles

27 | Straddle elbow hold

Description

Stressed muscles



Position

- Grasp the Parallettes and shift the body weight to your hands.
- The shoulders remain firm and the arms stretched.

Execution

- Take a squat position (in contrast to the straddle hold, the feet are stretched forward in front of the arms).
- Stabilize the position with body tension.
- Try to stretch out the legs and keep them as long as possible.

Target muscles:

- Straight abdominal muscle (especially the lower fibres)
- Hip muscles

Supporting muscles:

- Delta muscle
- Triceps
- Chest muscles

28 | Straddle elbow lever

Description

Stressed muscles



Execution

- Grab the Parallettes in a neutral position.
- Lean forward and support your upper body on the elbows.
- The elbows should be on the outer edges of your „six-pack“.
- The placement of the elbows is very intuitive, i.e. you will notice which position is the correct position.
- Shift your body focus to the elbows and raise your legs.
- There is a 90-degree angle between the upper and lower arms (arms are bent, forearms stretched).
- Body tension (body forms a line)!
- Stretch the legs backwards so your body forms one line.

Many different muscles are involved in the execution and stabilization of the exercise (arms, core, lower back,...).

29 | Triceps extension

Description

Stressed muscles



Position

- Similar to the starting position of the push-up, but both hands are holding one parallette in overhand grip position and very close to each other.
- The arms are stretched and the body forms a line.

Eccentric phase

- Slowly bend the arms out of the elbows and bring your head down.
- The body tension must be maintained over the entire time.
- The end of the downward movement is reached when your elbows almost touch the ground.

Concentric phase

- Stretch your arms (force comes exclusively from the triceps!).
- The body stays straight and the face points towards the ground.
- Do not completely stretch the arms at the end of the movement.

Target muscles:

- Triceps

Supporting muscles:

- Core
- Shoulders

30 | Tuck planche



Description

Position

- Grasp the parallettes (hands are at shoulder height).
- The arms are stretched through.
- The back is slightly curved.
- The shoulders are tense.
- Your gaze is directed to the ground all the time.
- There is no movement in the neck.

Execution

- “Kneel” in the Parallettes and raise your butt and your crouched legs.
- Your back is now parallel to the ground.
- Keep this position as long as possible.

Stressed body parts

Especially:

- Arm Muscles
- Shoulder muscles
- Wrists

The exercise promotes body control and body tension. It prepares for the planche as well as for further exercises (e.g. handstand push-up).

31 | Handstand



Description

Position

- Grasp the Parallettes and move into the step position.

Execution

- Shift the weight of your upper body forward (not too far!) And swing your rear leg (stretched) upwards.
- Tighten the other leg and extend both legs upwards.
- The arms are stretched too.

Important: Body tension and strong torso muscles are the key to this exercise.

Tip: Your training partner can pick up your ankles and lead your legs upwards if the exercise is still too difficult to start with.

Stressed muscles

The handstand strengthens especially the trunk muscles and the shoulders. It is an excellent exercise to promote balance and coordination.

32 | Handstand push-ups

Description

Stressed muscles



Position

- Go on the two parallettes into handstand position (see exercise 31)
- If this is too difficult for you to do without help, you can run it on a wall.
- The arms and legs are fully stretched.

Target muscles:

- Triceps
- Lateral, back and front part of the delta muscle

Execution

- Bend your arms until your elbows have a 90 degree angle.
- Then push yourself back from the floor upwards.

Supporting muscles:

- Hooded muscle

Important: The core muscles (abdomen and lower back) must be under tension the entire time.



33 | L-sit shoulder stand

Description

Stressed muscles



Position

- Squat between the parallettes and reach around the handles with stretched arms.
- Put your feet in front of your body (as if you were sitting on a chair).
- Consciously push your upper body out of the Parallettes so that your shoulders do not sag.

Execution

- Go into the L-sit by bringing your feet upwards.
- Hold as long as possible and then swing your feet through the Parallettes to the back.
- Bring the hips upwards and go into handstand position as quickly as possible by stretching your feet.

Target muscles:

- Straight abdominal muscle (especially the lower fibres)
- Inner hip muscles
- Shoulder muscles
- Core

Supporting muscles:

- Triceps
- Chest muscles

34 | V-sit



Description

Position

- Squat between the parallettes
- Embrace the parallettes with stretched arms.
- Put your feet in front of your body.
- Deliberately push your upper body out of the parallets so your shoulders do not sag.
- Keep your upper body upright all the time.

Execution

- Tighten the knees to the chest with the legs as straight as possible.
- Stretch the legs diagonally in V-shape and keep the position as long as possible.
- Bend your legs again and perform the next repetition.

Completing the exercise

- Take your hands off the handles after you have placed your feet on the ground.

Stressed muscles

Target muscles:

- Straight abdominal muscle (especially the lower fibres)
- Inner hip muscles

Supporting muscles:

- Delta muscle
- Triceps
- Chest muscles

Note:

The thigh muscles are also heavily stressed.

35 | Dynamic planche kickouts



Description

Position

- Grasp the Parallettes with a firm grip and go in step position.
- Your face is pointing towards the ground.
- Shift your body weight to your shoulders.

Execution

- Raise your feet off the ground and stretch your legs forward with momentum to an L-sit
- From the L-sit, swing your legs back through the parallettes and go into planche position by stretching your legs sideways and holding them for a moment. Your upper body is parallel to the ground and your arms are stretched.
- Put your legs on the floor and then start a new repetition.

Stressed muscles

- Shoulders
- Back
- Entire core muscles

36 | Straddle planche



Description

Position

- As with Planche lean.

Execution

- Lean that much forward until your shoulders are in front of your hands.
- Your weight is predominantly held by the arms and hands.
- When you have found the perfect balance, lift your feet from the ground.
- Stretch the legs backwards and open them stretched.
- Your body forms a line.
- Keep this position as long as possible.

Tip: The further you move your legs apart, the easier it is to practice.

Stressed body parts

Whole body and especially:

- Arm muscles
- Shoulder muscles
- Wrists
- Core

The exercise promotes body control and body tension.

37 | Planche



Description

Position

- Lean forward until your shoulders are in front of your hands.
- Your weight is predominantly held by the arms and hands.

Execution

- Shift your body weight to your shoulders.
- When you have found the perfect balance, lift your feet off the ground.
- Bring your legs together and extend them as far back as possible.
- Your shoulders and pelvis are parallel to the ground, i. they are at an altitude.
- Hold the position as long as possible.

Stressed body parts

Whole body and especially:

- Core
- Arm muscles
- Shoulder muscles
- Wrists

Get now €5 discount on our premium Parallettes with the code*:

EBOOK

(*Also valid for all other products and other currencies accordingly)





Mobile Pull-Up and Dip bar

- Over 35 different exercises
- Indoor & outdoor training
- Pluggable & portable in a backpack



Premium pull-up bar THE BAR

- Straight or multi grip bar
- Extra wide wall distance and incl. wall rack to store fitness equipment
- Perfect for exercises like muscle-ups



Wooden gym rings

- High quality wooden gym rings incl. wide straps, door anchor and bag
- Extremely versatile for over 40 exercises
- Indoor & outdoor training



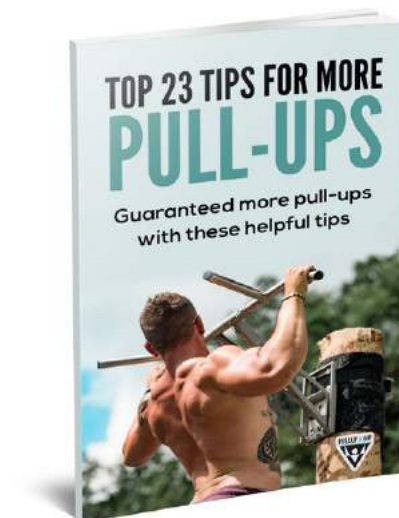
Pull-up bands / resistance bands

- Available in four strengths - extra light, light, medium & strong.
- Ideal as a support for pull-ups or as resistance for push-ups
- Extremely versatile for over 30 exercises

Are you interested in more bodyweight exercises? Our FREE eBook „**Best Exercises Training Guide**“ includes a total of 126 exercises on the pull-up and dip bar, with gym rings and resistance bands.



Would you like to do more pull ups? Then check out our FREE booklet with the **top 23 tips for more pull-ups!**





Most popular blog articles

Are you further interested in bodyweight training, calisthenics, freeletics and outdoor training? Then we recommend you our [bodyweight training](#) where you will find interesting content almost weekly as well as helpful articles about these topics.

A small overview of the most popular articles can be found here:

We are pleased that you have made it to the end of this e-book and hope that we can successfully assist you with any exercises during your training. Now it is important to apply what you have learned in practice. We wish you a lot of fun and success for your training!

If you have further questions or comments about the content or products described, feel free to contact us at any time, preferably by e-mail to info@pullup-dip.com.

Can we somehow improve this e-book? If yes, please let us know at any time with your suggestions, we look forward to them!

Do you already own one of our products and are you satisfied with it? Then we are very happy about your recommendation and an **honest product review on Amazon or our webshop**. Thank you for this!



Sporty greetings,
The Pullup & Dip Team

Follow us on:



(use the hashtag #pullupanddip)

Pullup & Dip
FT Fitness Technology GmbH
Blutenburgstraße 25
80636 Munich
Germany

#pullupanddip