

TOP 23 TIPS FOR MORE PULL-UPS

Guaranteed more pull-ups
with these helpful tips



The top 23 tips for more pull-ups

Pull-ups (also known as chin-ups) belong to the "king disciplines" of bodyweight training and strength training in general. Those who manage an above-average number of pull-ups can be sure of the admiration of their fellow human beings. With this exercise you reach a wide upper body and steel different parts of your arm muscles. However, in order to achieve a high number of repetitions and to set the best possible growth stimuli, it is necessary to train pull-ups diligently! In this article we present the 23 most valuable tips for achieving more pull-ups on the pull-up bar.

These advantages pull-ups offer you

- With pull-ups you train almost all muscles of the upper body and build up different muscle parts.
- During the exercise various muscles work together, so that not only intramuscular, but also intermuscular coordination is promoted.
- The training can be carried out completely without equipment by people of all ages and with different training levels (if necessary with the help of training aids). All you need is a pull-up bar.
- Because pull-ups do not require any machines or devices, you can do them in your own four walls, outdoors, in the hotel and elsewhere on the road wherever you can find or install a pull-up bar.
- You not only build muscles, but also relieve your spine and intervertebral discs. This is due to the fact that pull-ups reduce the vertical pressure on the intervertebral discs.
- Since you do not need any heavy weights, a back-sparing training is guaranteed, i.e. unlike other exercises you relieve your lower back during the workout.

These muscles work together when performing pull-ups

| Target muscles | Supporting Musculature |
|--|--|
| <ul style="list-style-type: none"> • Wide back muscle (M. latissimus dorsi) | <ul style="list-style-type: none"> • back extensor (M. erector spinae) |
| <ul style="list-style-type: none"> • Lower fibers of the trapezius muscle (M. trapezius pars ascendens) | <ul style="list-style-type: none"> • Biceps (M. biceps brachii) |
| <ul style="list-style-type: none"> • Large sphincter muscle (M. teres major) | <ul style="list-style-type: none"> • Arm flexor (M. brachialis) |
| <ul style="list-style-type: none"> • large and small rhomb muscle (M. rhomboideus major et minor) | <ul style="list-style-type: none"> • <u>brachioradialis</u> muscle (M. brachioradialis) |

On the basis of the innervated muscles it can be guessed which strain pull-ups represent for the upper body. Since the user has to manage his own body weight, pull-ups are not only a good indicator of the strength of the upper body, but also of the relative strength. You're probably wondering now how you can do **more pull-ups**, right? Let's therefore go directly to the most important part of our ebook, the **Top 23 tips for guaranteed more pull-ups**.

Tip 1: Be aware of your capabilities

A golden rule of pull-up training is that you need to know your status quo. This means you should know what your body is currently capable of and what it is not. "Listen" to him and don't overload him to avoid injury. After all, the healing process of a muscle can take up to several weeks, so that an injury during pull-up training can set you back far.

By the way: To track your training progress, you can do as many pull-ups as you can at the beginning of your pull-up career. If you repeat this procedure after a few weeks, you will notice that you have improved considerably!

Tip 2: Training other back exercises

Pull-ups are not the best initial exercise for everyone. It is worth including more exercises in the training plan to strengthen your back and increase the number of pull-ups per set in the long term. In this sense, one-arm dumbbell rowing, rowing on [gym rings](#) (see Figure 1) or with a barbell and back training on the lat pull-down are particularly suitable. Per exercise, perform three sets of 15 repetitions each to achieve optimal results.



Figure 1: Rowing with gym rings

Tip 3: The right technique is essential

As with any exercise, the right technique plays an overriding role in pull-up training. Keep your head up or straight ahead. This ensures the highest possible level of training comfort and the focus is on the back muscles. Furthermore, especially at the beginning of your pull-up training, you should avoid a too wide grip on the bar. Too much grip limits your coordination ability and leads to unclear movements, resulting in increased stress on the joints and other structures. With a shoulder-wide grip on the other hand, you put a lot of strain on your back muscles. And these are exactly the muscles to target when training pull-ups!

The execution

Regardless of the pull-up grip position (see below), the execution remains largely identical:

- Hang on to the pull-up bar and be careful not to let your arms sag completely. This means that a slight bend should remain in the elbow joint so that it is not subjected to too much strain, which increases the risk of injury.
- Pull your shoulder blades down before pulling them up to build up the necessary tension in your back.
- Your back is stretched out and your legs are either angled or, if possible, stretched out straight (down).
- Pull yourself upwards from this position and exhale in a controlled manner (avoid compressed breathing!). When pulling up, try to pull your shoulder blades together.
- As soon as the collarbone fibres of the chest or neck reach the bar or an imaginary line between you grip, the upward movement is finished.
- Slowly lower your body and breathe in evenly, DO NOT drop down uncontrollably.
- Avoid swinging during the complete exercise.
- At the end of the movement do not fully extend your arms again!



Figure 2: Pull-ups in the overhand grip

Tip 4: Slimming for more pull-ups



Figure 3: Losing weight for more pull-ups

Since your body weight is the resistance during pull-up training, it is only logical that too much body weight is anything but beneficial. If you notice that your back and arms are having great difficulty coping with the weight, you should consider a weight reduction. Various [bodyweight exercises for quick weight loss](#) in combination with cardio training can be used for this purpose.

You should also change your diet. Remember, however, that losing weight too quickly leads to the infamous yo-yo effect. Accordingly, you should not lose as much weight as possible overnight by setting up "prohibition lists", but you should eat consciously and enjoyably while cultivating a rich variety of foods:

- Eat much fresh fruit and vegetables.
- Prefer complex carbohydrates.
- Enjoy animal products in moderation.
- Always use vegetable fats if possible.
- You best abstain from salt and sugar because they are already abundant in our foods.
- Lemonades and other sweetened drinks should also be avoided. Drink water and unsweetened tea, at least 2 litres a day.
- Prepare your food gently (e.g. with a steam cooker) so that the nutrients are retained.
- Take enough time to eat and enjoy your breaks.

Note: If you want to lose weight, you must burn more calories than you consume. To work effectively towards your optimal "pull-up weight", it is recommended to calculate your daily calorie requirement. This results from the basal metabolic rate (the calories your body needs to maintain its functions) and the performance metabolic rate (calories for muscle work).

Once you have lost a few kilos, you can continue your pull-up training. You will certainly notice a difference!

Tip 5: Give your body what it needs

A balanced diet is not only important for weight loss. To achieve more pull-ups, your body needs long-chain carbohydrates, good fatty acids and plenty of fiber. With proteins and amino acids you promote muscle growth and support regeneration. In addition, the absorption of enough liquid in the form of water not only has a positive effect on the degradation of body fat, but also maintains various body functions and the circulation.

- **Good sources of long-chain carbohydrates:** Oat flakes, wholemeal products (e.g. wholemeal bread), pasta, rice, potatoes
- **Good (= mono- and polyunsaturated) fatty acids are contained in:** Fish, avocados, vegetable oils, eggs
- **foods that contain a lot of dietary fibre:** Fruit, vegetables, cereals, pulses
- **Good protein suppliers:** Fish, yoghurt, almonds, lentils, curd cheese, meat, eggs, tofu, soybeans

Important note: The last easily digestible, low-fat meal should be consumed two to three hours before training. This is the optimal time interval to be as efficient as possible during the workout. And there are also recommendations for the absorption of liquids: Drink throughout the day and not an extra large amount just before training.

Tip 6: Carry out different pull-up grip positions

Another way to increase the effectiveness of the pull-up training is the execution of different [grip variations](#). In this way you shift the load on the individual muscles, i.e. you strain the parts of the back in different angles. This means you can avoid stagnation during pull-ups by using different grips. The following variations are available:

- Underhand grip (narrow), also known as chin-ups; (fingers point to the body)
- Underhand grip shoulder-width
- Wide underhand grip
- Hammer grip (shoulder width or narrow); fingers pointing to each other
- Oberhand grip (narrow), fingers point away from the body
- Overhand grip shoulder-width
- Wide overhand grip

The narrow pull-ups with the **underhand grip (chin-ups)** put particular strain on the lower, vertical fibres of the broad back muscle. These fibers make your back grow into the depth and because they are longer than the oblique fibers and also have a larger portion of the latissimus, these pull-ups in the underhand grip are usually perceived as lighter than the other variations. It is also worth knowing that the upper arms are trained to the greatest strain in this form. To focus on the latissimus, you should do the pull-ups with a shoulder-width grip, with the thumb placed around the bar.



Figure 4: Pull-ups with the narrow underhand grip

The **hammer grip** is also known as the neutral grip position. The training effects are almost the same as for the pull-ups in the undergrip, which is due to the fact that the hammer grip pull-ups are usually carried out shoulder-wide.



Figure 5: Hammer grip pull-ups (shoulder width)

Wide pull-ups in the **upper grip** mainly appeal to the upper, oblique fibres of the broad back muscle. These make up a much smaller part of the latissimus and are also shorter than the vertical fibres, which is why this variation is often perceived as much heavier than pull-ups with the hammer grip and with the underhand grip. But it's worth holding on! The upper, diagonal fibres are responsible for the growth of the back in width.



Figure 6: Pull-ups with the shoulder-width overhand grip

Tip 7: Pull-ups to the chest / neck

Pull-ups to **the neck** are not recommended due to the associated **high joint loads**. Nevertheless, some people swear on the effectiveness of this variant. If you are one of them, it is advisable to alternate them with pull-ups to the chest during a training session. It is also possible to vary the execution from training to training or from training cycle to training cycle. When pulling to the neck, do not pull upwards on the bar to the chest, but pull the bar into your neck.

Tip 8: Adjust the load

If you are well advanced and can do significantly more than 12 repetitions per pull-up set, you should work with **extra weights**. This may not increase the number of pull-ups in the set, but it will give you a new stimuli to help you build muscle and improve your performance. Clamp a dumbbell or other object between your lower legs or thighs while doing pull-ups. A dip belt or weight vest are also suitable for the additional load. If you have already trained with extra weight for some time, you will do yourself a lot easier and achieve more pull-ups when doing normal pull-ups without extra weight.



Figure 7: Pull-ups with additional weight

If you do less than eight pull-ups, however, it is the other way around. In this case a [pull-up band](#) or a chair supports you during training. Stand on a chair and grab the bar. The chin is above the pull-up bar. Now hold this position for a few seconds and stand back on the chair. Alternatively, you can let yourself from above the bar sink slowly and controlled from the same position as when holding. This is then a so-called "negative pull-up". If you can do 8-10 repetitions here, then you should also achieve a normal pull-up. Read more about pull-up training with a pull-up band below in Tip 17.

Tip 9: More maximum force = more pull-ups

With the so-called **weighted pull-ups**, i.e. pull-ups with additional weight, the maximum force can also be improved. An increased maximum force means that more motor units are innervated to overcome a resistance, so that you have to use less force for a pull-up or similar exercises. During a maximum strength training, a few repetitions (1 to 5) with a lot of weight are performed. In this way more pull-ups can be realized.



Figure 8: Weighted Pull-Ups

Tip 10: Training pull-ups with intensity techniques

So-called intensity techniques such as negative repetitions (see tip 8) or super-sets should only be used if all other measures to increase the pull-ups have failed. The reason for this is that these techniques are associated with a very high strain on the muscles, which can quickly lead to injuries for inexperienced athletes. In addition, the techniques require a high degree of coordination.

A pull-up super set consists of the pull-ups and an exercise that trains the opponents of the innervated muscles. In this case, these are the chest and shoulder muscles. The change from the pull-ups to the next exercise takes place without a break. Dips are an ideal exercise for pull-up super sets. Anyone who does not have dip bars or a [flexible pull-up bar and dip bar](#) can also do pushups.

As you train more muscles with super sets in the shortest possible time, you save a considerable amount of time. But not only that! Due to the contraction of the back antagonists, the latissimus and co. are indirectly stretched after direct strain, which has a positive effect on the muscle building and the performance of the muscles.



Figure 9: Dips as an intensity technique

Tip 11: Training pull-ups by suspending the pull-ups

This tip for training pull-ups may sound contradictory to many. Once the individual performance level is reached and the increase in pull-ups is prevented, you should think about suspending training. You can either give your back a full break or you can replace the pull-up bar with dumbbells, lat pull-downs, etc. You will notice that when you resume training after the "time-out" (about five to seven days) more pull-ups are possible!

Do not underestimate the "power" of regeneration!

At this point we would like to discuss a widespread problem with pull-ups. Many athletes do not allow their bodies enough rest - neither between the individual sets nor between individual training days. But breaks are just as important as the training itself! After all, the goal is to increase performance and in order to achieve this, the muscles must be exposed to sufficient stimulation. For this the muscle must be able to do the corresponding physical work. And that is only the case when he is rested and regenerated.

Opinions in sports science about the right training break duration differ. However, a very common recommendation is to give the target muscles a break of at least 72 hours between two training sessions. And it is not advisable to train daily pull-ups anyway - the sports scientists agree on that!

Good to know: Good to know: In terms of training breaks, for example, sleep also plays an important role. As we sleep, anabolic processes abate and the muscles regain their strength. This not only contributes to optimized movements, but also to general well-being and to our health. So sleep plays a significant role in our performance, both during pull-up exercises and in everyday life.

The pauses between the sets

The pause between individual sets serves to replenish the consumed fast energy stores in the muscle cells. In addition, metabolic products are removed so that performance is maintained. Many trainers rely on their gut feeling during the breaks. However, this often results in breaks that are too short or too long. The correct length of "time out" depends on the respective training level (muscle build-up, maximum strength training, improvement of strength endurance).

Tip 12: With more repetitions to more pull-ups

You can increase the number of pull-ups you can do by improving your strength endurance. If you always train in the low repetition range (seven to 12 repetitions), try to do more than 12 repetitions per set for a change for a few weeks to set new stimuli. By promoting strength endurance, your performance in the lower repetition range will also increase.

To improve your strength endurance, you should do 15 to 30 pull-ups per set for at least four weeks in six to eight series per training session. To achieve this number of repetitions, the stimulation intensity must be "reduced" to 50 to 60 percent, which is possible for pull-ups with the aid of a pull-up band. The pause between the individual movements is 30 to 60 seconds.

Tip 13: Biceps Training

Since the biceps is used as a supporting muscle for pull-ups, you can also increase your pull-up performance by strengthening your arms. You have several options to choose from in this respect. For example, you can strengthen your biceps muscle with dumbbell and barbell curls. And a demanding biceps training is also possible on the pull-up bar.

On the pull-up bar, pull-ups with the narrow underhand grip (see Figure 10) and tight pull-ups with the overhand grip (see Figure 11) are the right choice to strengthen the biceps. For pull-ups with the narrow underhand grip, the palms are facing to you. The resulting position of your arms and joints places greater strain on the biceps than it is the case with other pull-up versions. The situation is similar with the tight pull-ups in the overhand grip. With these, the distance between the hands is kept as small as possible in order to put maximum strain on the biceps.



Figure 10: Tight pull-ups in the underhand grip

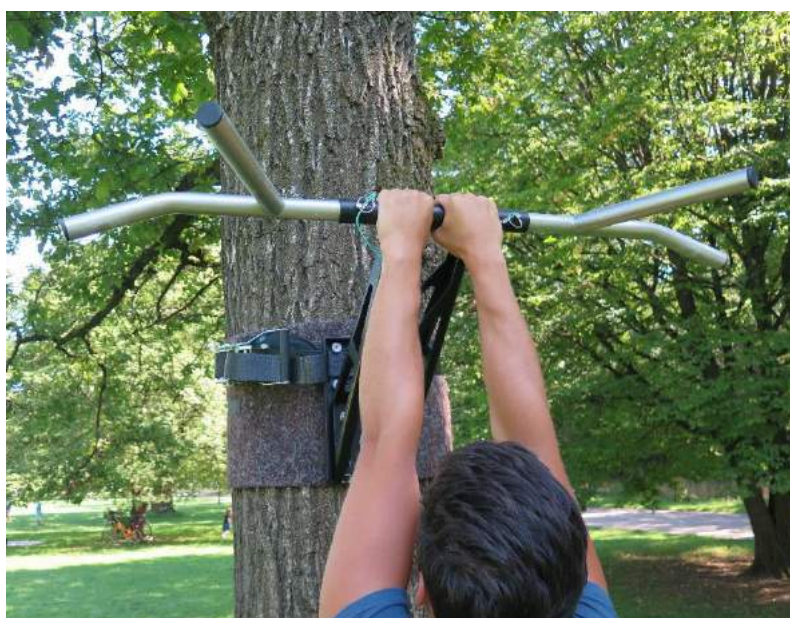


Figure 11: Tight pull-ups in the upper grip

Tip 14: Fewer repetitions

When training to muscle failure, the muscle is maximally fatigued, i.e. it loses its ability to contract strongly, which on the whole means "less strength" from set to set. To avoid this cumulative fatigue as much as possible and to maintain the force as much as possible from set to set, you can execute so-called submaximal sets (80 to 90 percent of the maximum force). By finishing the set one or two repetitions before the muscle failure, you can execute more sets in total. The result is a somewhat smaller muscle growth. In return, however, the strength of the muscles is better promoted.

Tip 15: Vary the speed of movement

The speed of movement when training pull-ups is 1 to 3, this ratio refers to the upward and downward movement or the concentric and eccentric phase. If you want to increase the number of pull-ups, you can adjust the speed of movement in one of the following ways:

- Execute the entire movement consciously slowly
- Deliberately slow downward movement
- Consciously slow upward movement
- Consciously execute the entire movement quickly
- Fast downward movement (but still controlled)
- Fast execution of the upward movement

ATTENTION: A quick execution of the pull-ups increases the risk of injury. Only perform the exercise quickly if you master it completely or if you have sufficient training experience.

Tip 16: Improve grip strength with rope climbing or a grip strength trainer

Training pull-ups requires a high grip strength. Without that, the increase in the number of repetitions is doomed to failure from the outset. If you want to improve your grip strength, you can try rope climbing, for example. This is an ideal preparation for the next set of pull-ups.

Also the sagging (see also tip 20 in detail) on the pull-up bar can improve your grip. During pull-up training, simply take a break from time to time by hanging from the bar. This is how you train your grip strength and collect energy for the next set.



Figure 12: Hanging on the pull-up bar

Besides these, there are many other ways to [improve your grip strength](#). For example, you can use hand grippers or shrugs (shoulder lifting with dumbbells) and pull-ups with towels (see Figure 13). For towel pull-ups, use two towels that you hang around the pull-up bar and pull upwards.



Figure 13: Pull-ups with towels

Tip 17: Support with pull-up bands



Figure 14: Pull-up straps in different sizes thicknesses

A [pull-up band](#) is an elastic band that you loop around the pull-up bar and knot together to form a loop. You can step into this loop with one or two feet or kneel down. This reduces the weight to be pulled up during the pull-ups, so that less muscle power is needed for the execution which makes the exercise considerably lighter.

How strongly the band supports you with the pull-ups depends on the thickness of the band. Depending on your training level, you can start with a very strong band to achieve enough pull-ups. Once you have reached the desired number of repetitions, you can use a lighter band until you no longer need support. Our high-quality pull-up bands are available in four different strengths, you can get them [HERE](#).

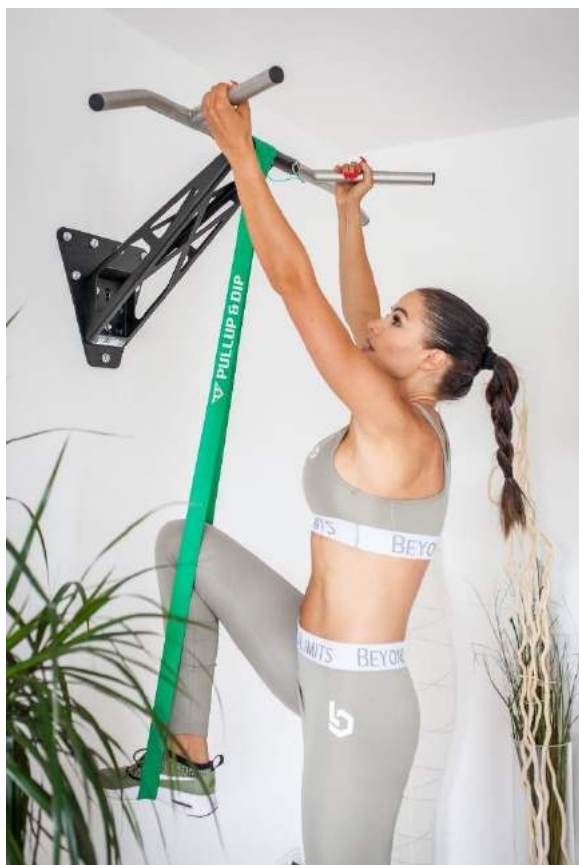


Figure 15: Pull-ups with a pull-up band

Tip 18: negative repetitions

With conventional pull-ups or concentric contractions in general, the muscle shortens to cope with the weight. The situation is different with negative pull-ups and other eccentric movements. The starting point here is a maximum tensed and shortened muscle. From the highest position (for pull-ups) the body is lowered and the muscles work passively against the increasing stretch. Here the body can apply more force than it is the case with concentric movements. Thus negative pull-ups offer an extremely effective training stimulus.

Note: The upward movement is deliberately omitted for negative pull-ups (e.g. by jumping to the bar or by using a chair).

It is generally assumed that negative repetitions from a current power of a maximum of five pull-ups are useful to increase the number of possible pull-ups. The special pull-ups can also be used in further training plans. For example, it is particularly effective to finish the last repetition in the last set with as many negative pull-ups as you can. Since this is an enormous strain on the body, however, one should not maintain this procedure in every training unit.

Tip 19: Training with the pull-up machine

A pull-up machine (see Figure 16) is a good alternative for getting started with pull-up training. The device helps you to build up functional power step by step and to internalize the technique. You can choose the (counter-) weight freely and thus determine how much you will be supported for the pull-ups, i.e. with the machine you do not have to pull-up your entire body weight. The principle is therefore the same as for pull-ups with pull-up bands, but these devices are only available in gyms. In the course of your training sessions you can reduce the weight further and further and thus bringing you closer to free pull-ups.



Figure 16: Pull-up machine in the gym

Tip 20: Hanging through

Yes, literally! Hang in there! When you do pull-ups, it can't hurt to take a short break in between simply by hanging on the bar. In this way you regain concentration and stamina. This helps you to achieve the set without burning out. In fact, hanging down will also help you improve your grip strength. We have written a [full article on how to get more grip on the pull-up bar](#). You can also practice hanging every day, just hang yourself on your [pull-up bar](#) every morning after getting up as long as you can.



Figure 17: Hanging on the pull-up bar

Tip 21: Variety with different devices as "pull-up bar"

Do you find it difficult to stick to your training plan because you often lack motivation? Then a change of your "pull-up bar" is possible. Train not only in your own four walls, but also with friends or at the gym. [Calisthenics Parks](#) are also ideal for providing more variety if you have such a park in your city and with an [appropriate pull-up bar](#) you can move the workout outdoors in no time - more motivation is not possible! You can do pull-ups not only on a bar, but also on beams, on the bar of a football goal, on [gym rings](#) and on any other objects that give you enough support. Be creative and add variety to your workout with different pull-up items.



Figure 18: Pull-ups with the pull-up & dip pull-up bar



Figure 19: Pull-ups with gym rings

Tip 22: Training pull-ups regularly

Regularity is essential when training pull-ups. As already mentioned, you do not have to or may not use your back every day. But that doesn't mean that you should only do the training when it suits you. Regular training is the only way for your body to adapt completely to the requirements, so that your performance improves.

Your muscles must be able to regenerate sufficiently between the individual training days and you should not only strengthen your back, but also other parts of your body. Accordingly, we recommend that you do the pull-up training or a back training generally not more than two or three times a week. The number of repetitions and sets per session depends on your fitness level and your training goal. For example, to build muscle, you should do three to six sets of eight to 12 repetitions. However, with pull-ups you quickly reach a performance plateau, so other approaches can make sense.

A popular (and very intensive) variation is pyramid training. In the first set you perform a pull-up and then take a 10 second break. The next movement follows with two repetitions, followed by a 20 second break. Then comes the third set with three repetitions and 30 seconds break, etc. You do this until you can no longer increase the number of repetitions in a set. Then you take a longer break of two to three minutes and complete the pyramid "backwards". For example, if you have done eight repetitions in the last set, the "inverted pyramid" starts with eight pull-ups. 80 seconds break, then seven repetitions and 70 seconds break, etc.

Note: Don't underestimate pyramid training! Because even if you only manage five repetitions in the last set, this still results in "a pyramid" with 30 pull-ups.

Tip 23: Practice makes the difference & mastery through different locations

Another possible reason why your sets look a little sluggish or cumbersome: your lack of practice. When you start pull-up training, your body adapts to the exercise requirements. However, it can only fully adapt to the requirements by **regular training**. The consequence of the training plays a decisive role if you really want to achieve 20 or more repetitions per set.

If it is difficult for you to implement your training plan, you can, for example, think about a change of the workout location. Workouts in your own four walls instead of in the gym are perfect for adding variety to your daily training routine. The same applies to training in various gyms. Often it helps to train in the gym of an acquaintance, in order to get variety into the training again. You can also consider outdoor training, e.g. in the garden, in the park, on the sports field or on the beach. Thus you also train in the fresh air. This variety makes the workouts more fun, because each workout is a little different from the other.



Figure 20: Pull-ups on the sports field with the mobile Pullup & Dip bar

Training pull-ups - Find the right method for you!

Not everyone is able to complete the pull-up training "to the end". With our **Top 23 Tips for more pull-ups**, you will improve the quality of your training and get a whole lot closer to your goal. You should know your physical limits and, if necessary, incorporate further exercises into your back workout. It is also important to set the pauses correctly. And of course nutrition also plays an important role for achieving more pull-ups. Since each body reacts differently to the recommended training tips, you should try them out and choose the one that suits you. We wish you a lot of success for your training and progress. **Let's get to the bar!**

The Pullup & Dip Team

BONUS: These mistakes you should avoid!

MISTAKE NUMBER 1: DELETING PULL-UPS FROM THE TRAINING SCHEDULE

Sounds funny, but it is - only out of desperation and fear of failure do many athletes forgo one of the most effective exercises the gym has to offer them. Even if it's not much fun at the beginning and you get the crisis with every work-out, because after a few repetitions it's already over - staying in and struggling through is the motto. Different strategies are available - but the important thing is not to give up. That makes the feeling so much better when you finally make it: Then you know that it was worth it!

MISTAKE NUMBER 2: WRONG TECHNIQUE AND WRONG TRAINING SCHEME

In order to achieve as many repetitions as possible, athletes often sidestep to rather unhealthy techniques. Although the correct and healthy technique for pull-ups is clear, the exercise almost invites you to sloop around and neglect the technique in favour of repetitions. **Attention:** A wrong technique is not only visually very disturbing, but can also lead to irreversible damage in the long run. It is not for nothing that pull-ups have often proved to be the cause of training injuries in the past - for example in the infamous impingement syndrome. The right technique includes the following features:

- body tension
- shoulders backwards and pulled towards the floor
- arms shoulder-width
- Overhand or underhand grip

If you have pull-ups on the schedule during back training, this is usually how you do it: Hang on the pull-up bar, make a maximum number of repetitions, unhook the set. The whole thing then 3 to a maximum of 4 times - finished. The problem is that if you only manage 2 or 3 repetitions, you will make exactly zero progress with the scheme. Whether hypertrophy or increase in strength - to achieve your goals, you have to give your body clear impulses. This is only possible if you manage a sufficient number of repetitions - if possible even with additional weight.

The best way to increase the maximum number of repetitions is to do the pull-ups in a cluster. For this you set a certain number (usually 20) and then make as many repetitions in your first set until you can't do a single one with clean technique. Then you take a short break until you can continue - even then you do as so many repetitions as you can't until you can't do any more pull-ups This continues until you have clustered your previously defined number.

The cluster method is extremely effective and has already made many pull-up poopers to experts - it is therefore generally recommended whenever the number of possible pull-up repetitions is very low and cannot trigger a clear training impulse.

ERROR NUMBER 3: SHORTENED MOVEMENT AMPLITUDE AND TOO HIGH TEMPO

The correct sequence of movements provides that you should stretch your arms completely in the negative phase (i.e. in the downward movement). Only then do you enter the positive phase (i.e. the upward movement). If you stand in your gym and take a closer look, you will notice that this is exactly where the wheat separates from the chaff - many athletes shorten the radius of movement by not hanging through completely, but only partially. This makes further repetitions easier - but cannot be described as a complete pull-up. Make sure to use the full amplitude of movement - only then do you use the maximum number of muscles that should be trained during the pull-ups.

Of course - pull-ups are often the number one hated exercise, but that shouldn't mean that you're going executing the exercise as if there is no tomorrow. Therefore, allow yourself time for the exercise as a whole and for each individual repetition in particular - the more concentrated you train, the better. Take as much time for the pull-ups as for other difficult basic exercises such as squats or bench presses - after all, the repetitions take longer than just a few seconds.

MISTAKE NUMBER 4: PULL-UPS WITH SWING/SINGLE-SIDED PULL-UP

Many make the mistake of swinging, kicking or jumping their legs when pulling up to make the exercise easier. You should absolutely avoid this! Make sure that you pull your body upwards with your strength as already described and do not deflect it with momentum. Also you should let yourself down in a controlled way and not drop your body jerkily into your joints. You could get hurt real quick on this one.

Often you also see the mistake that the user pulls up on one side, i.e. the upper body is not pulled up exactly in the middle between the arms, but slightly towards one side of the arm. You should also avoid this. Check that you pull yourself up with both sides at the same time.

MISTAKE NUMBER 5: TOO WIDE / TOO NARROW GRIP WIDTH

Many athletes initially choose a grip that is too wide or too tight to train pull-ups. Make sure that you initially choose a shoulder-width or a little wider than shoulder-width grip. With this, you attract your latissimus optimally and don't pull too much out of your arms. A too wide grip is not optimal for the shoulders and can lead to injuries, so you should make sure that your grip is optimal. A tight grip is not a risk of injury, but it puts less strain on your latissimus and more on your biceps.

MISTAKE NUMBER 6: ALWAYS TRAIN ACCORDING TO THE SAME PATTERN

If progress and progression fall by the wayside, you should start varying your training pattern. Whether in the number of repetitions or in other key data - often a small change ensures that things continue all the better afterwards. Of course only if the change does not only have a place in the training plan once, but is carried out over several workouts - often

this provides the necessary impulse that you need to accelerate more during the pull-ups in your accustomed routine. It is not for nothing that training is periodised and trained in cycles - this procedure also serves to set comprehensive stimuli and to achieve the widest possible range through variations.

You can find more helpful tips and articles about pull-up and bodyweight training on our [blog](#), just have a look there.

A small overview of our articles:

[5 tips for more grip strength on the pull-up bar](#)

[Pull-ups for pros - 10 more advanced pull-up variations](#)

[How to train biceps on the pull-up bar - 5 effective exercises](#)

[Pull-Up muscles - Which muscles are used during Pull-Ups?](#)

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