



**FALL IN LOVE  
WITH FITNESS**  
at **JUSTMOVE**  
FITNESS AND MORE

**2014  
CHIN-UP  
CHALLENGE**

## **THE EQUALIZER TRAINING PLAN**

- 1) Chin-up Hang (Isometric Chin-up):** Hold yourself at the bar, palms towards you and elbows close to the body. Make sure your hips are off the ground and your spine is in a neutral position. Start with 5 seconds and work up to 20 seconds.
- 2) Chin-up:** Start in the chin up hang position and focus on a slow downward movement so that your elbows are straight and you are looking directly up at the ceiling. Try to pull yourself back up to the chin up position. That's 1 chin-up! Start with that and work up to 5 chin-ups in a row.

## **THE NUMBER 1 EXERCISE THAT WILL HELP YOU GET BETTER AT CHIN-UPS IS PUSH-UPS!**

*You can do those anywhere! Break out a couple in the morning and a couple before you go to bed. Sneak a few in while you're waiting for dinner to cook or during a commercial break!*

## **THE CHIN-UP BAR TRAINING PLAN**

- 1) Grip Hang:** Get used to the grip and supporting your body weight. You don't want to feel like your arms are getting pulled out of their sockets. Try putting a yoga block or chair under one foot to take some of the weight off of your upper body. Focus on pulling the shoulder blades down and back. Make sure your chest muscles are loose and open before trying so you don't get the "packed shoulders" feeling. Start with 5 seconds and work up to 20 seconds.
- 2) Chin-up Hang (Isometric Chin-up):** Start by standing on a chair. Then, lift your feet off the chair and hold yourself at the bar, palms towards you and elbows close to the body. Start with 5 seconds and work up to 20 seconds.
- 3) Eccentric Chin-Up:** Start by standing on a chair. Then, lift your feet off the chair and hold yourself in chin-up position at the bar, palms towards you and elbows close to the body. Pause, then lower yourself as slowly as possible, aiming for about 5 seconds. Once your arms are fully extended, put your feet on the chair and let go of the bar. Repeat. Start with 1 and work up to a set of 5.
- 4) Chin-up:** Start by standing on a chair. Then, lift your feet off the chair and hold yourself in chin-up position at the bar, palms towards you and elbows close to the body. Lower yourself until your arms are fully extended and then pull back up to chin-up position. That's 1 chin-up!

**WRITE YOUR NAME ON A LEAF FOR EACH  
CHALLENGE COMPLETED!**