

Chisel Your Back

1



STATIC HANG

Grab the bar with an overhand grip and hang with your arms straight. Once you can hang for 60 seconds, wrap a towel around the bar. The thickness makes your finger and forearm muscles stretch. Work at this until you can hang for 60 seconds.

Recruit Support

Your core connects your upper- and lower-body musculature. So improving core strength will keep your head, shoulders, hips, knees, and ankles properly aligned throughout the pullup.

Get a Grip--

Unless you strengthen your grip, it will fail long before your arms, shoulders, or back.

2

SWISS-BALL REVERSE PUSHUP

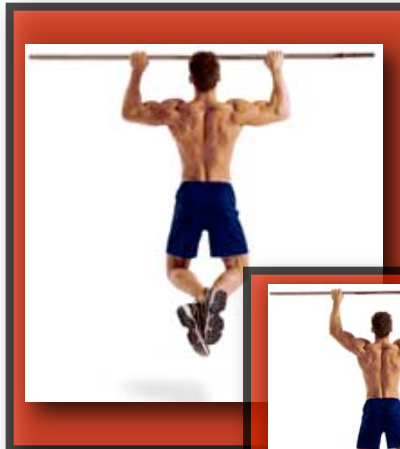


On a Smith machine or squat rack, secure a bar 3 to 4 feet above the floor. Lie under the bar and grab it with an overhand grip that's slightly wider than shoulder width. Hang at arm's length with your body in a straight line, and place your lower legs on a Swiss ball. Keeping your body rigid, pull your chest to the bar. Pause, then lower yourself back to the starting position. Perform 12 repetitions.

3

GRAVITY GAMES

Using a step (or a boost from a partner), hoist your chest to the bar. Then lower yourself slowly -- try for a count of 12 before your arms are straight. Complete a set of six to eight repetitions.



4

WEIGHTED PULLUP

Add 10 percent of your body weight by attaching weight plates to a dip belt. (Or, if you can, hold a dumbbell between your feet.) Once you can do 12 pull-ups, increase the weight by 50 percent.

Boost Endurance--

In a deadlift, the weight travels less than 1 foot. In a pullup, your body weight travels about 4 feet. That's tiring. You need to improve your muscular endurance.

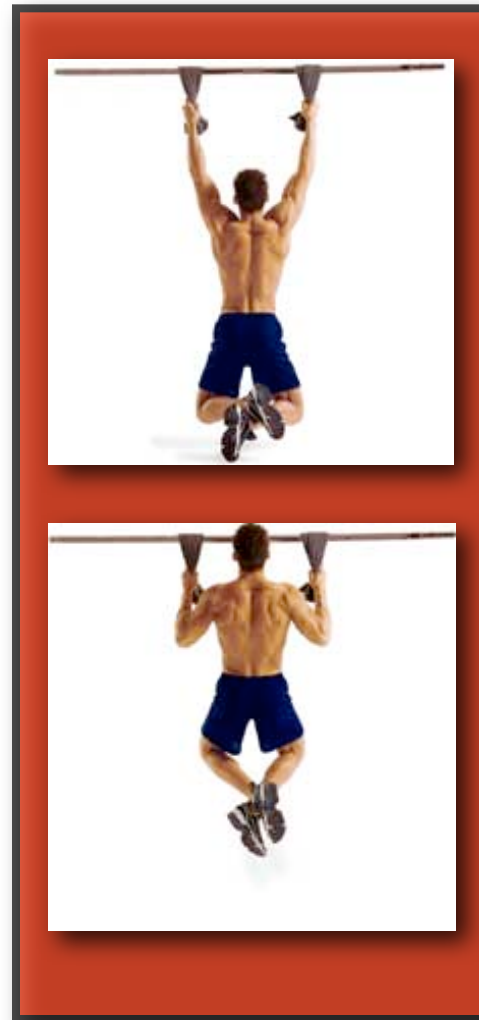
5 STERNUM PULLUP



Place your hands in an underhand grip. Pull your body up to the bar while leaning your torso back and bending your knees. Keep your back arched and pull your head away from the bar. Touch your lower chest to the bar so your body forms a 45-degree angle with the ground. Try to complete 12 repetitions.

Forget Form!
These variations challenge your muscles from unusual angles, spurring the growth that will complete your V.

6 HANGING-TOWEL PULLUP



Place two towels over the bar at shoulder width. Grab both halves of each towel just below the bar and pull your chest to the bar. Your body travels a longer distance than in a standard pull up because you start lower. As this gets easier, start with your hands halfway down the towel. You won't be able to pull your chest to the bar, but the instability will force you to fight your body's tendency to swing. Aim for 12 reps.



corefitness