



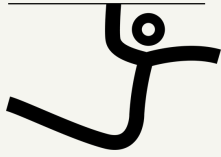
Pull Up Masterclass

How To Avoid Elbow Pain

Day 2



With Mercedes Pollmeier
& Kirsty Grosart



Pull Up Masterclass

How To Avoid Elbow Pain - The Roadmap

1. Assess your mobility, stability & technique
2. Progress slowly - increase training load or volume slowly
3. Be mindful of how you feel during and after training
4. Use isometrics

The number one mistake that trainees often make is progressing too fast or adding too much volume in the beginning

Mobility & Technique

- *Assess the hang position*
- *Strong downward pull of the scapula to initiate pull up*
- *If you can do one controlled scapula pull up, try 10r*

Volume & Intensity

- *Progress slowly with Volume*
- *Progress slowly with intensity*

Isometrics are friendly to injury

Videos for Isometrics

- *Long Duration Isometric*