

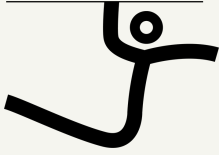
Pull Up Masterclass

How To Get Your First Pull Up

Day 1

With Kirsty Grosart and
Mercedes Pollmeier





Pull Up Masterclass

3 BIG Lessons To Help You Nail Your First Pull Up

1. Improve your grip & shoulder strength with hanging & scapula pull-ups
2. Don't rely on bands
3. Use isometrics to build strength

Whether you're a beginner or advanced, learning always continues.

Videos For Hanging and Grip Strength

- *Passive hang* - Pronated, mixed, supinated, neutral
- Active hang
- Scap pull-ups

Videos for Assisted Pulls

- *Horizontal row* - 3 point row, incline ring row, ring row
- Assisted pull-ups

Be consistent, and you'll always have moments to celebrate along the way.

Videos for Isometrics

- Long Duration Isometric Pull