



Multi-Grip Chin-Up Bar

Manual and Exercise Guide

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JFIT is founded on this fact:

IF YOUR BODY FEELS GOOD, SO WILL YOUR MIND

Multi-Grip Chin-Up Bar Exercise Guide

A simple pull up bar is all you need to effectively work out your abs, back, shoulders, chest and arms. A pull up bar uses your own body weight to recruit a vast range of muscle groups. Pull-ups are considered multi-joint, compound exercise that require you to use more than one muscle group and more than one joint when you perform them. They recruit a maximal amount of muscle fibers that can help you gain mass efficiently. A pull up is performed with an overhand grip and hands placed about shoulder width apart. A chin-up is executed with an underhand grip, which puts more emphasis on your biceps. Target other areas by alternating your grip using a wide-grip, close-grip and various hand positions. The benefits of doing pull ups not only help increase arm, back and abdominal strength, they also help in strengthening your grip, which benefits many different sports and exercises.

Chin-Up Bar Exercises

Standard Chin-Up

Grab the bar with a shoulder-width grip, palms facing you. Pull yourself up until your chin is level with the bar, then slowly lower until your arms are fully extended. If you have difficulty with this move you can practice using a band until you can properly execute.

Negative Chin-Up

Another exercise to help prepare you for a full pull-up is to perform a negative pull up. Start by standing on a chair or plyo box. Place your hands on the bar shoulder width apart, palms facing you. Step off the box and slowly lower yourself down until full extended. Step back on the box and repeat.

Leg Raises

Hanging from a pull up bar with your body and arms forming a straight vertical line. Without bending your knees, keep your legs straight and raise your legs upward as high as possible without swinging. Pause at the top, lower and repeat. Because you're hanging and also using one of your largest muscle groups (i.e. your legs and glutes), this ab exercise is a great way to burn extra calories while incorporating a full body workout.

Knee Raises

If you are not yet ready for full leg raises, start with a knee raise and work up to full leg raises. Hang straight from the pull up bar just as you would execute a leg raise but instead of keeping your legs straight, raise your knees to your chest.

Around the Clock

Hanging from the pull up bar, hands placed shoulder width apart. Engage your abs and raise your legs until your feet reach a little higher than the bar. With a controlled motion rotate your legs in a clockwise motion until you reach back to 12:00. Then rotate counter clockwise until you reach 12:00. Repeat.

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Exercise Guide

Toes to Bar

Jump up and grab pull-up bar with hands placed just wider than your shoulders. Swing your feet back while contracting your glutes and tightening your core. Swing forward with your hips to bring your toes up towards the bar as far as you can. Pause and repeat.

Hanging Crunches

Hang vertically in a neutral position, then tighten and bend your core just like you would in a traditional crunch. Bring your legs up and forward, bent at the knee. Pause, then straighten back into a hanging position. Avoid the urge to simply drop. Instead, lower down slowly and with controlled movement. This is an advanced move and should only be performed with ability.



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