

## Chin - Ups

Chin-ups are an exercise used to strengthen the back and biceps. This exercise targets the majority of the muscles in the back making it a key exercise.

### **Beginning Position:**

- Grasp the bar with an underhand grip
- The hands are shoulder width or slightly wider
- Hang from the bar with the elbows and shoulders completely extended

### **Upward Movement:**

- Pull up in a straight line without swinging or kicking
- Pull high enough so that your chin clears the bar
- Work to pull your chest up to the bar

### **Downward Movement:**

- Lower your body under control until your arms are fully extended



**Beginning Position**



**Upward Movement**