

JOURNAL 1:

EXERCISE: STRICT PULL - UP

STANCE: FEET TOGETHER
GRIP: PRONATION / STRAIGHT OVER HEAD / SQUEEZE BAR
NOTES: <ul style="list-style-type: none">- BAR SITS ABOVE PALM (HINGE) THUMB OVER BAR- SQUEEZE GLUTES & CORE (HOLLOW)- TOES DOWN- CHIN OVER BAR (SAME PLANE – ELEVATOR)- LOCKOUT EA REP