

***FREE
CHIN-UP
PDF***

James Bezant

INTRODUCTION



Hey, I'm James, I am your coach while you learn how to master the chin up.

Please find the appropriate variation for you, and take your time to watch the videos

And Most importantly, enjoy the process of getting stronger, and be wary, the skill of a chin up takes time!!

PROGRAMMING

HOW TO PROGRAM:

Ideally you want to be doing this twice a week minimum, it's a skill, it needs to be practiced.

SETS:

Roughly 3 or 5 sets, this comes down to your training age and what you can tolerate.

REPS:

Anywhere between 1 to 8/10 yet again this will come down to what variation you choose and also what you can tolerate.

FINDING YOUR VARIATION

Once you have found the variation that suits you, stay there for a few weeks, build reps and sets, and then when you think you are ready try and move on the the next variation.

Please remember grasping the chin up takes time, enjoy the process and GO AND CRUSH IT!

EDPR (Elevate, Depress, Protract, Retract)

EXERCISE 1



VIDEO LINK

[HTTPS://VIMEO.COM/637013925/B4DFCC64F7](https://vimeo.com/637013925/b4dfcc64f7)

COACHING POINTS:

This exercise creates awareness of what goes on at the shoulder blades, let's get them moving across your ribcage effectively.

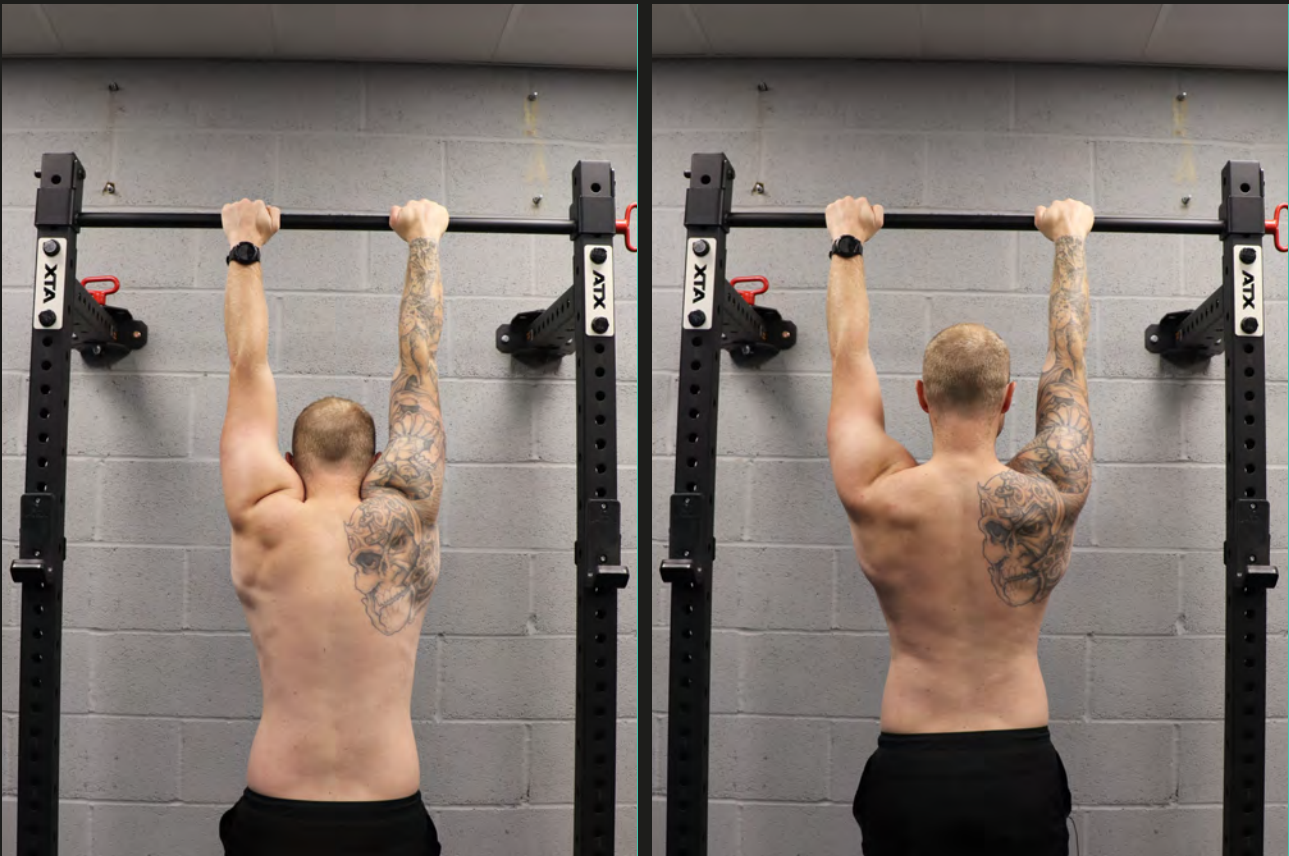
COACHING POINT:

- Use a broom handle if you are struggling to grasp it.
- Always keep your arms straight.

For better instruction watch video below:

Dead Hang/Active hang

EXERCISE 2



VIDEO LINK

[HTTPS://VIMEO.COM/634505268/FEB1A81887](https://vimeo.com/634505268/FEB1A81887)

A really nice simple exercise, this can help with building up grip strength and working some of the intricate muscles around the shoulder, you will love this, it almost feels like a stretch.

COACHING POINTS:

- Usually do this with an over hand/neutral grip at shoulder width.
- Do this for time or breaths, each week progress using those methods.
- Try to relax while doing this, focus on breathing.

Barbell Chin Up

EXERCISE 3



VIDEO LINK

[HTTPS://VIMEO.COM/634500983/34CDD2DB9C](https://vimeo.com/634500983/34cdd2db9c)

A great introduction into getting to grips with the lift. A good thing about this is you will have your feet on the floor, stable and safe, if you find this too easy lift your heels off the floor.

COACHING POINTS:

- Imagine the trunk is in an elevator, up and down, don't let the hips rise.
- Control the tempo, maybe even introduce a breathing pattern with this.
- use the strength of your legs if you need too.

Barbell Chin Up Feet Elevated

EXERCISE 4



VIDEO LINK

[HTTPS://VIMEO.COM/634497795/B8149749C1](https://vimeo.com/634497795/b8149749c1)

Now we are looking to take some of the strength from the legs away, this will naturally put the hips in a better position too, but you still may need to pull the hips back, don't start with a box too high.

COACHING POINTS:

- Drive heels into the box.
- Imagine the trunk is in an elevator, up and down, don't let the hips rise.

Barbell Chin Up Isometric

EXERCISE 5



VIDEO LINK

[HTTPS://VIMEO.COM/634488178/DFC0838CB2](https://vimeo.com/634488178/DFC0838CB2)

Now we are going to try and build some strength in the isometric phase. We can use time or breaths for the ISO, I would also consider lowering the reps for the eccentric part, this can be really taxing, we are looking for a controlled 2/3 sec descend, be mindful of how many you do of these.

COACHING POINTS:

- Ensure you have the barbell at the shoulder height.
- Start with a with an underhand grip.

Barbell Chin Up Eccentric

EXERCISE 6



[HTTPS://VIMEO.COM/634493492/62467E8A1F](https://vimeo.com/634493492/62467e8a1f)

Very similar to the ISO, we are going to try and build some strength in the eccentric phase (lowering phase), I would also consider lowering the reps for the eccentric part, this can be really taxing, we are looking for a controlled 2/3 sec descend.

COACHING POINTS:

- Ensure you have the barbell at the shoulder height.
- Start with a with an underhand grip.

Banded Chin Ups

EXERCISE 7



[HTTPS://VIMEO.COM/636188839/735C0FA3FD](https://vimeo.com/636188839/735c0fa3fd)

This is a great way to get confident with something that actually feels like a chin up, for some people jumping up high and hanging onto a bar can be quite daunting, this will help you overcome that, this also is a great way to get some good reps in.

COACHING POINTS:

- Start the band off too easy and work your way down the rack until you find that sweet spot, roughly 8 reps with the last couple feeling tough.
- You can progress this by either lowering the band or changing the band, or increasing reps/set.

Isometric Chin Up

EXERCISE 8



VIDEO LINK

[HTTPS://VIMEO.COM/636194686/A659E78349](https://vimeo.com/636194686/A659E78349)

So now we are looking to build time in that top position, be mindful of what you can tolerate, this move can be taxing on the joints.

COACHING POINTS:

- Think about those shoulder blades being in your back pocket.
- Control your breathing.

Eccentric Chin Up

EXERCISE 9



VIDEO LINK

[HTTPS://VIMEO.COM/636195782/4E35BCABC1](https://vimeo.com/636195782/4e35bcabc1)

Let's build some reps in that lowering phase, for some people this will be very taxing, lowering the reps is a good idea.

COACHING POINTS:

- 2/3 second descend, maybe catch a breath at the bottom.
- Keep the elbows tucked.

Jump Chins

EXERCISE 10



VIDEO LINK

[HTTPS://VIMEO.COM/636203325/26BFDA7E6D](https://vimeo.com/636203325/26BFDA7E6D)

With this method we are getting rid of the hardest part, the best and safest way to do this is doing a single, jump down, shake out the arms then go again.

COACHING POINTS:

- Build confidence with this, we are so close to a chin up now.

The Chin Up

EXERCISE 11



VIDEO LINK

[HTTPS://VIMEO.COM/636190377/A5c7973240](https://vimeo.com/636190377/A5c7973240)

We have made it guys, the finale, let's get psyched up to do this, think about the grip you choose, let's try and make sure we are set up to succeed.

COACHING POINTS:

- Make sure you are up for this.
- If you can, opt for that underhand grip.
- Have a spot if you can.



WHY NOT TRY MY 30 DAY TRIAL

CLICK HERE