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The Ultimate Guide to Pullups and Chin-ups

Logan Christopher

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The Ultimate Guide to Pullups and Chin-ups Logan Christopher
Find out more from the author Logan Christopher at **www.LegendaryStrength.com** on bodyweight training and more.

This is the second book in the series after handstand pushups. While handstand pushups may be one of the best exercises out there, and a personal favorite of mine, pullups are on at least equal footing.

This book is divided up into three main sections.

Beginner - Work up to your first pullup

Intermediate - Do variations, add reps and add weight

Advanced - Work up to your first one arm pullup

* A training plan ensured to get you to your first pullup
* The critical differences between pullups and chin-ups
* Proper form for a pullup
* Many variations to challenge your grip strength
* How to make your chest or abs work harder with pullups
* Building flexibility for some advanced variations * How to work up to the one arm chinnups with lots of exercises to help you, avoid injuring yourself and making progress for this long term elite goal.
* Training plans to add to the total number of reps you can do.
* Training plans to add to the weight you can handle in weighted pullups.
* Learn which pullup variations are best, and which ones aren’t so good.

Approximately 44 exercises are discussed in depth. Several workouts and training plans are given to help you achieve your goals.

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