Title: TRX Pull Ups

Primary Muscle Groups: Middle Back / Lats

Secondary Muscle Groups: Biceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Set the height of the straps so that you can sit beneath them and only just reach the handles with outstretched arms</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Take grip of the handles and use your back and arms to pull your body upwards. Aim to get your upper chest to the same level as the handles. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold the top position for a second, and then lower your body, steadily, back down to the starting position. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Be sure not to use your legs to aide the pull up. </span></li>

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