

# Band Assisted Chin Up (From Foot) Video Exercise Guide

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Lats

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## Chin-up (Band Assisted from Foot)



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### EXERCISE PROFILE

Target Muscle Group

Lats

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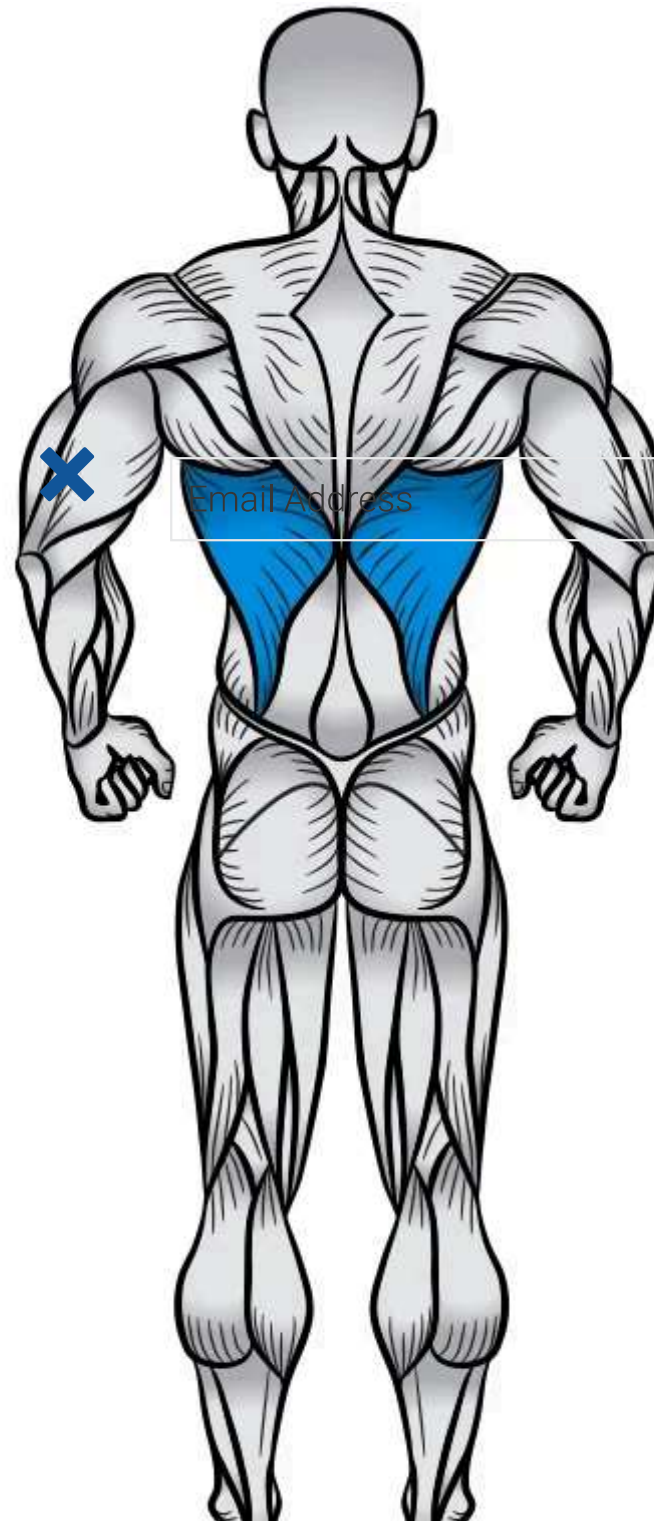
Exercise Type	Strength
Equipment Required	Bands
Mechanics	Compound
Force Type	Press (Bilateral)
Experience Level	Beginner
Secondary Muscles	Abs, Biceps, Shoulders, Upper Back

TARGET MUSCLE GROUP

# Lats

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# Band Assisted Chin Up (From Foot)

## Overview

The band assisted chin up (from foot) is a great beginner variation of the chin up for those who are unable to perform entire sets of regular bodyweight chin ups.

The eventual goal when performing band assisted chin ups is to build the pulling muscles (lats and biceps) and eventually be able to perform your chin ups without the band.

# Band Assisted Chin Up (From Foot)

## Instructions

1. Attach a band to the bar and loop the end around your foot.
2. Using a supinated grip, grasp the bar with a shoulder width grip.
3. Take a deep breath, squeeze your glutes and brace your abs. Depress the shoulder blades and then drive the elbows straight down to the floor while activating the lats.
4. Pull your chin towards the bar until the lats are fully contracted, then slowly lower yourself back to the start position and repeat for the assigned number of repetitions.

# Band Assisted Chin Up (From Foot) Tips

1. Ensure you keep the leg straight throughout the duration of the movement in order to allow the band to provide assistance.
2. To decrease bicep involvement, use a false (thumbless grip).
3. Try to keep a neutral head position (looking straight ahead or slightly up) as hyperextending the neck can lead to compensations throughout the spine.
4. If the bar is high enough, keep the legs straight and in front of the body.
5. Avoid falling into overextension of the lumbar spine by squeezing your glutes and bracing your abs.
6. The chin up is completed when the lats are fully flexed, don't continue pulling and compensate with the pecs.
7. Keep your shoulders down and back, if they round forward at the top then you've pulled too far.
8. A lifter's segment length will determine whether or not they can actually get their chin over the bar, it's not an absolute for everyone.
9. Lower to almost full extension of the elbow but avoid locking out completely as this can place excessive strain on the ligamentous structures within the elbow and shoulder.
10. If you can't complete a single bodyweight pullup, start with slow negatives or flexed arm hangs at the top position.
11. Ditch the straps and kips, neither one is necessary or recommended.