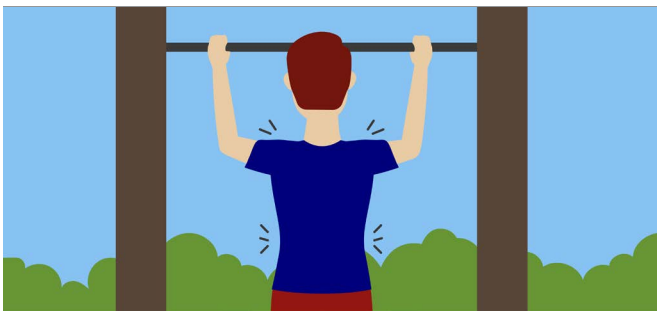


How to do a pull-up

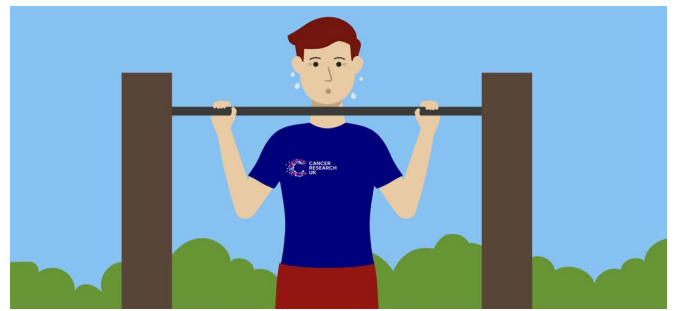
To reduce the risk of injury and to make sure you complete your pull-ups safely, check out the tips below on how to use the correct form.



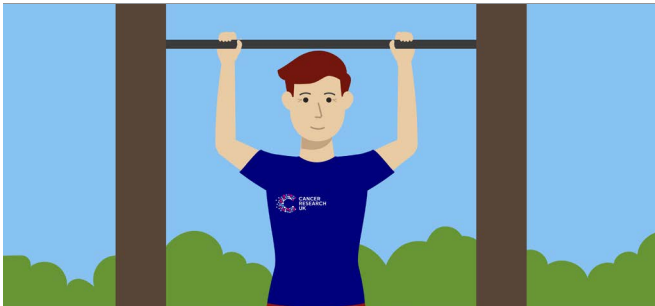
1. Start to hang from the bar with your arms fully extended and legs suspended. To help you evenly distribute your weight, you can also cross your legs together.



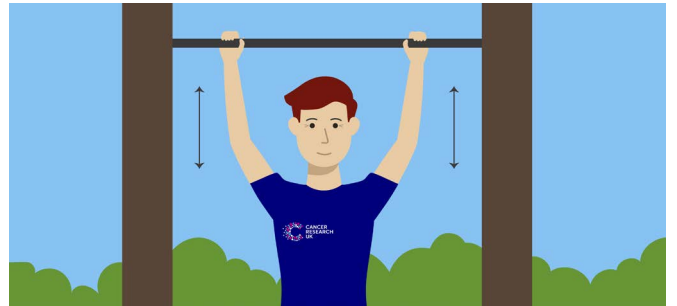
2. Engage your core and squeeze your shoulder blades together, slowly pulling yourself up.



3. Keep going until your chin is over the bar, then hold this position for a moment.



4. Lower yourself in a slow and controlled manner.



5. Repeat for as many reps as is comfortable.

Alternative pull-up form

Trying different pull-up variations can be a great way to ease yourself into completing the full 310, target different muscles and keep your challenge fresh. Whether you mix it up or stick to a favourite form, use whichever works best for you. Why not try some of the suggested variations?

When completing your pull-ups, always make sure to use a sturdy and securely installed pull-up bar. If you have a health condition or have any concerns about your risk of injury, speak to your GP before taking part.

Puregym: Pull-up exercises

The Gym Group UK: How to do pull-ups