

Exercise of the Month

Supine Olympic Bar Pull Up

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The Supine Pull Up is a strength building exercise targeting the upper back, lats, traps, biceps, and core muscles.

Key points to remember when performing the movement:

Set up: Arrange the Olympic bar so that when you lie back into the squat rack and grasp the bar, your back does not touch the ground.

Execution:

- Engage your core prior to producing force. Your aim is to maintain neutral posture by staying strong and stable from your heels through to the top of the head and minimizing any movements through the hips.
- Pull your chest up to the bar and then lower under control until elbows are almost straight.
- Lead with your chest rather than with your head or stomach.

Supine Pull Up variations and considerations:

- The angle of your body dictates the amount of resistance.
- Begin with your heels on the ground and knees bent at 90 degrees. As your strength and form improve, progress by straightening your knees and eventually resting your feet on a bench and then a stability ball.
- Mix up the grip. Alternate between a pronated grip (palms facing away from the body) and an under hand grip (palms facing toward the body). By doing so, you will bring different muscle into the movement.