



MUSCLE UP TUTORIAL

MUSCLE UP

ABOUT

The muscle up is one of the hardest exercises because a lot of strength and practice is required to master it.

If the muscle up is executed correctly it looks quite effortless, but to execute it properly a lot of practice is needed because the grip and the movement is often quite unnatural and extremely difficult to anyone trying it for the first time.

This is the reason why Madbarz has created this tutorial. The tutorial offers you workouts that you need to master in order to be able to do the perfect muscle up.

In order to achieve the perfect muscle up you firstly have to build your strength. We have designed a workout routine that you can incorporate in your regular weekly trainings that will help you build the much needed strength to achieve that effortless and fluid muscle up.

WHAT'S INSIDE

Muscle up phases

Exercsises for progress

MUSCLE UP

4 PHASES



STARTING POSITION

Grip the pull up bar with your hand a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out, this is your starting position.

PULL UP

Pull yourself up until your chin passes over the bar. Keep the elbows close to your body, don't flare them out. Keep your legs closed together.

TRANSITION

Keep pulling yourself further up until your torso passes over the bar.

PUSH

Push yourself away from the bar by pressing the hands down and driving your body upwards. Once you're at the top lock your arms.

EXERCISES FOR PROGRESS

Training frequency	3 times per week
Break between same exercises	20-30 sec
Break between different exercises	120 sec

No.	Exercises	Series*	Repetitions
1	Pull up	5	Max out
2	Dips on a straight bar	5	Max out
3	Negative muscle up	5	Max out
4	Jump to muscle up	5	Max out
5	Inclined pull up	5	Max out
No.	Extra exercises (advanced)	Series	Repetitions
1	Explosive pull up	5	Max out
2	Deep dips on a straight bar	5	Max out

*IMPORTANT NOTE

Do each exercise in 5 series first! Do max reps in one exercise, take a 20-30 second break, then repeat the same exercise until all 5 series are finished. Take a 2 minute break to then move on to the next exercise.

WHEN ARE YOU READY FOR THE MUSCLE UP?

You'll be ready to perform your perfect muscle up once you'll be able to do 5 series of the following exercises:

No.	Exercises	Series*	Reps
1	Pull up	5	10
2	Dips on a straight bar	5	15
3	Negative muscle up	5	10
4	Jump to muscle up	5	10
5	Inclined pull up	5	10

*IMPORTANT NOTE

Do each exercise in 5 series first! Do the reps in one exercise, take a 20-30 second break, then repeat the same exercise until all 5 series are finished. Take a 2 minute break to then move on to the next exercise.

When you'll be able to do all 5 series of all exercises you should be ready to perform a perfect muscle up. Your muscle up will be easier to do and correctly executed because you'll have much more strength and your movement will be controlled.

TIPS AND RISKS

- » Mind your form while doing the Explosive pull up. You must do those fast and explosive movements.
- » While doing the Negative muscle up make sure your movements are slow and controlled.
- » While doing the Inclined pull up (Australian pull up) keep your gluteus tight, and your hips aligned in a straight line with your body, also work toward retracting your scapula.
- » The weight must be evenly distributed to both arms to avoid elbow and/or joint injuries.
- » Don't flare your elbows out, keep them tight to your body.
- » The most effective grip for executing the muscle up is the "false grip". With this grip you will be able to transition more easily and smoothly from the pull up phase into the dip phase.

EXERCISE INSTRUCTIONS

PULL UP



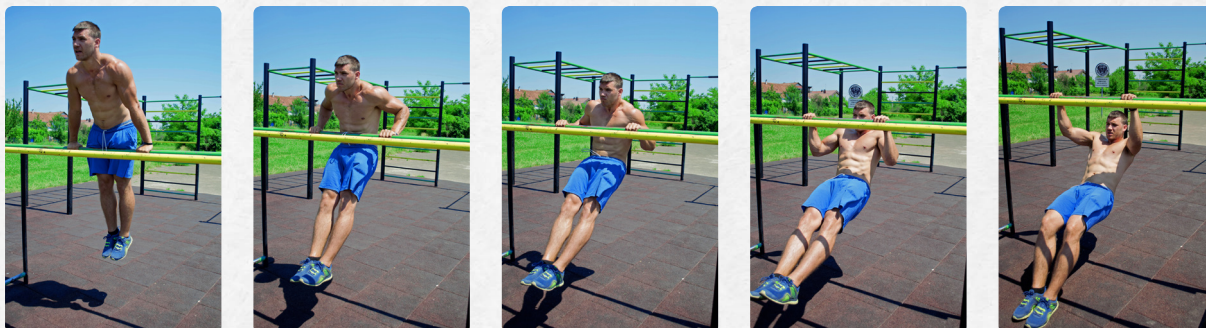
- » Grip the pull up bar with your hands a little wider than the shoulder-width apart.
- » While you're hanging from the bar strike your chest out – this is your starting position.
- » Pull your chest up while exhaling, work towards touching the bar with your chest. Squeeze your back muscles once you've pulled yourself up.
- » Lower down into a starting position while inhaling, and repeat as much as you can.

DIPS ON A STRAIGHT BAR



- » Start of by holding your body up on the bar with your arms locked above them (both hands on one bar).
- » Start lowering down slowly while inhaling with your elbows close to your body. Lower down until your elbow forms a 90° angle.
- » Start pushing yourself up into the starting position while exhaling.

NEGATIVE MUSCLE UP (ON A DIP BAR)



- » Start off on a dip bar by holding yourself up with your arms straight.
- » Start lowering down slowly, keep your legs closed together and in a straight line.
- » Lower down until your feet reach the ground.
- » Once you've reached the ground simply jump back on the bar and repeat for recommended number of repetitions.

JUMP TO MUSCLE UP (ON A DIP BAR)



- » Start off in a position where you are hanging from the dip bar and you have your legs on the floor at a 90° angle.
- » Push yourself off the ground with your legs while pulling up with your hands.
- » Once you're up in a position where your stomach is in level with the dip bar, push yourself up to the position where you're able to straighten your arms.

INCLINED PULL UP (ON A DIP BAR)



- » Start off in a position where you are hanging from the dip bar with your feet on the floor and with your body forming one straight line from your head to your feet.
- » Squeeze your legs and your glutes while you're pushing out your chest towards the bar and retracting your scapula.
- » Pull your chest up towards the bar. The goal is to touch the bar with your chest.

EXPLOSIVE PULL UP



- » Grip the pull up bar with your hands a little wider than the shoulder-width apart. While you're hanging from the bar strike your chest out – this is your starting position.
- » Pull your chest up in a quick and explosive movement. Do this while exhaling and work towards touching the bar with your chest. Squeeze your back muscles once you've pulled yourself up.
- » Lower down quickly into a starting position while inhaling, and repeat as explosively as you can.

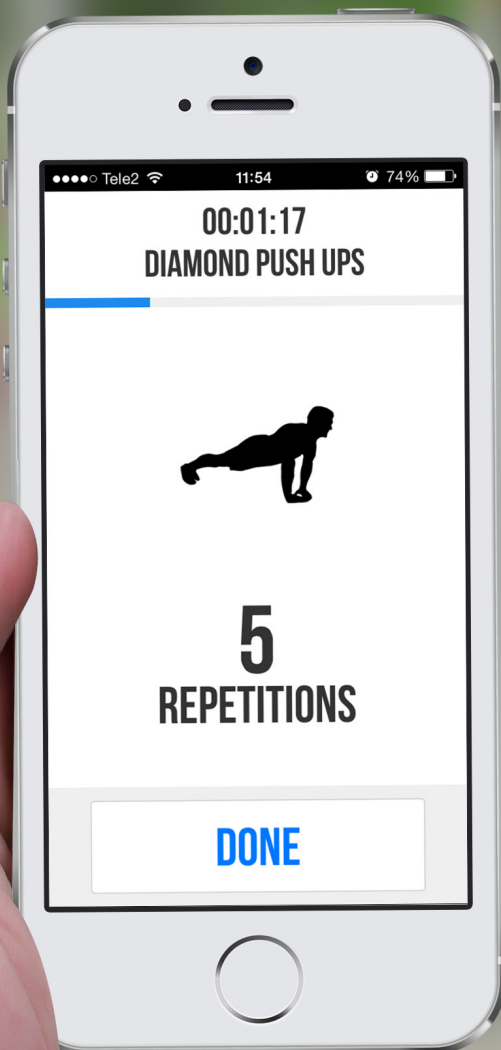
DEEP DIPS ON A STRAIGHT BAR



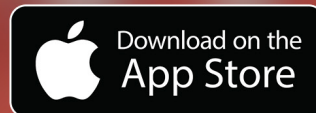
- » Start of by holding your body up on the bar with your arms locked above them (both hands on one bar).
- » Start lowering down slowly while inhaling with your elbows close to your body. Lower down while slowly swinging your legs under the bar in a controlled manner.
- » Start pushing yourself up into the starting position while exhaling.

**CREATED BY
KRISTIЈAN MUSIC**

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Madbarz Workout App



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