

Pull-Ups Level 2: One Arm Veranda Post Pulls

This exercise works the chest, mid & upper back and arms.

Find a veranda post or a street sign post.

Figure 1



Figure 2



Figure 1:

1. Grasp the post with only one hand. The arm is fully extended.
2. Place the feet beside each side of the post, with the heels level with the edge of the post nearest to the body. This is the starting position.

Figure 2: Perform the pull-up with only one arm. *Repeat for the other arm.*

N.B Pull-ups are performed with a two count for the pull, a momentary pause, and then a two count for the lower.

Train once or twice per week, as instructed by your practitioner.

Build up to two sets of 15 repetitions with each arm before proceeding to level 3.