

## PULL UP EXERCISE BAR%0A

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The most dangerous punch | Okinawa Karate | Masaaki Ikemiyagi | | | - Duration: 10:41.

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### **Pull Up Muscles Which Muscles are used for Pull Ups**

This can be considered as one of the main actions taken during a pull-up exercise which is essential for being able to pull yourself up on the pull-up bar. When doing a pull up, the lats muscle pulls on the upper arms, moving them closer the body. As a result, your body is able to rise up to the bar.

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### **Pull Up Progression for Beginners Exercises Tips to Do**

Last updated on August 13th, 2018. The pull up is one of the most import bodyweight exercises. With the help of it, you can enhance the size and functional strength of your upper body, especially your back, shoulders, and arms.

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### **Pull Up Exercise FitnessGuyz**

Pull Up is a well known compound exercise for training back. It mostly targets Latissimus Dorsi (Lats) but some other back muscles and biceps are also training. Since it only needs fixed bar (or pull up bar), you may perform that exercise at home or outdoor.

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