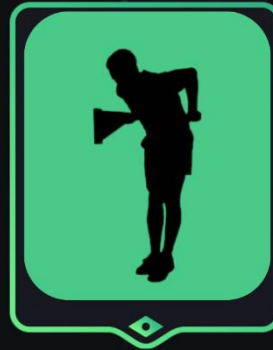




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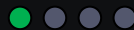
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 **Get Gains**

[Try partials for supersets or if you muscle can't do
any more you can use it as a drop set.](#)

1

Dead Hangs: The primary objective here is grip strengthening. However, it also builds overall strength since muscle activation is needed to maintain hold on the bar.



2

Inverted Rows (also known as Australian pull-ups): This is to cultivate foundational muscle strength essential for pull-ups. Push yourself to the limit with each rep and rest for 2-3 minutes before starting another set.



3

Eccentric Pull-ups: Focus on the negative (or downward) phase of the pull-up. The slower and more controlled your descent, the better the muscle engagement and strength building. This technique particularly targets the muscles utilized during the lowering segment of the pull-up.



4

Band-assisted Pull-ups: This variation aids the ascent or upward motion of the pull-up. By selecting bands of varying resistance, you can modify the difficulty level of the exercise, making it easier or harder as needed.





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1

Straight Leg Bench Dips: This exercise introduces you to the dip movement with a special focus on the triceps. By straightening your legs, you reduce the assistance they provide, thus intensifying the exercise. If you're looking for a gentler starting point, the bent leg variation offers more support and is an excellent steppingstone.



2

Eccentric Dips: Concentrate solely on the negative or downward phase. A controlled descent in this progression is crucial. It's designed to strengthen the muscles used during the lowering segment of the dip.



3

Band-Assisted Dips: This technique aids the ascent or upward motion of the dip, simplifying the movement. I personally swear by this progression! It's adaptable; you can adjust the challenge level by opting for bands with varying resistance.



PARTIAL FOR SUPERSET



Partial Pull-ups: still engage the latissimus dorsi, biceps, and rhomboids, providing a stimulus that can be beneficial especially when fatigue sets in from full repetitions. This ensures that these muscles still receive tension and can be especially useful for those working on building their foundational strength.



Partial Dips: target the pectoralis major, triceps, and anterior deltoids. When executed even partially, they ensure that these muscle groups are still under tension, aiding in muscle endurance and strength building.

