

A full-body photograph of a very muscular man performing a pull-up on a black horizontal bar. He is shirtless, showing his well-defined chest, abdominal, and arm muscles. He is wearing black athletic shorts and black sneakers with white soles. His facial expression is one of intense effort, with his mouth open in a grimace and his eyes squinted. He is wearing white wristbands on both wrists. The background is a dark, industrial-looking space with some structural elements visible. A semi-transparent dark band across the middle of the image contains the text.

# MUSCLE UP

In-app workout plans + guide

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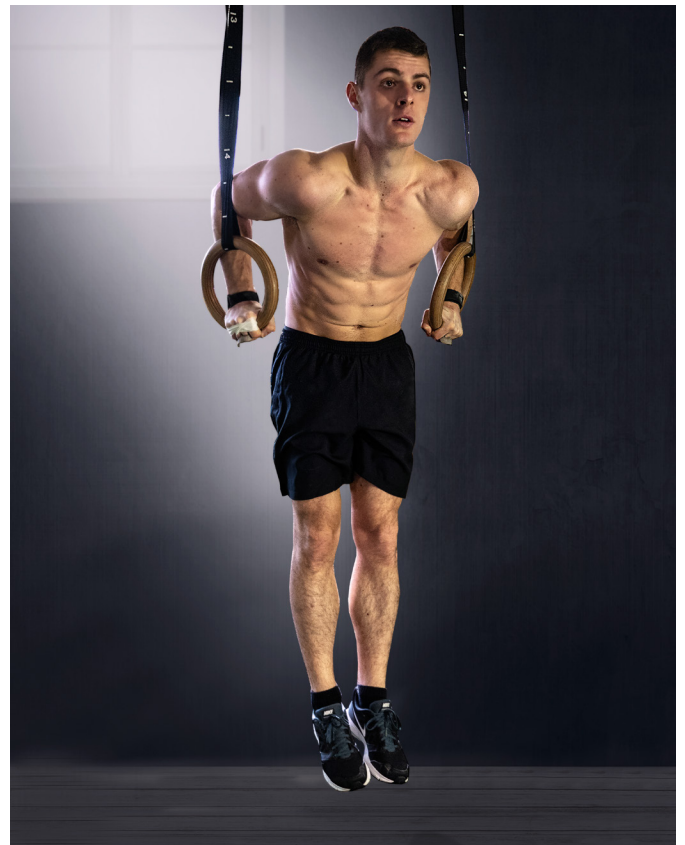
# THE MUSCLE UP

The muscle up is an upper body exercise used in gymnastics, calisthenics as well as other sports, and it involves two movements combined into one, the **pull up and the dip**.

There are two main versions of a muscle up: **The bar muscle up and the ring muscle up**. The horizontal bar and the rings are both gymnastics apparatus (sports equipment used in gymnastics) and are an essential part of calisthenics workout system as well. **Calisthenics** has similar features to gymnastics and is performed in order to improve strength, endurance and general fitness. This is why the muscle up exercise is very popular in calisthenics. It's a great exercise for **skill, strength and muscle development**.



Bar Muscle Up



Ring Muscle Up

# What does a Muscle up look like?

It's always a good idea to see a **proper demonstration** of an exercise before beginning the learning process. Having a visual idea of what the technique looks like helps during the learning process. Follow the links given below to see a demonstration of the kipping and the strict bar muscle ups.

Also, below the demonstration link is a list of some of the main characteristics of the kipping and the strict bar muscle ups.



## Kipping muscle up:

- Requires a high level of technique
- Has 4 phases: the kip, the hips to bar pull up, transition and the bar dip
- Is done with a normal grip on the bar
- Main muscle groups working in the exercise are the upper back, shoulder and arm muscles but also ab and glute muscles.

[watch the video](#)



## Strict muscle up:

- Requires a high level of upper body strength.
- Has 3 phases: the pull up, transition and the bar dip
- Is done with or without a **false grip** on the bar
- Main muscle groups working in the exercise are the upper back, shoulder, arm and ab muscles

[watch the video](#)

Now you have an idea of what the exercise should look like in its final form. Continue reading the next chapter to find out how exactly will you get to your muscle up. This guide includes **steps to help you learn the kipping as well as the strict muscle up**. The first technique we will focus on is the kipping muscle up.



## The main points for each phase:

### 1. The kip

- Little wider than shoulder-width full grip (thumb)
- Fully extended arch position (stretched muscles)
- Tight core in a hollow body (abs, thighs)



### 2. The hips to bar pull up

- Shoulders away from the bar (arms bent pushing the bar down)
- A close hip angle between the upper body and upper thigh



### 3. Transition

- Activate the glute muscles to explosively extend the hips again
- Bend the knees





## 4. The dip

- A strong pulling movement towards the bar
- Lean forward over the bar into the dip position