

Kipping Pull Ups



DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU SHOULD
NOT DO

I do not like this exercise at all unless your a gymnast. Kipping pull-ups are a variation on the standard pull-up that involve a swinging motion of the body coupled with a sudden burst of power from the shoulders to reach above the bar. This move is in fact a high injury risk exercise, as it violently pulls your shoulders on every repetition. It's also not as effective as a standard pull-up, which is a wonderful exercise. It is in my top 10 personal exercises that I do. It uses an amazing number of muscles including your lats, rhomboids, biceps and triceps. [If you want a counter point see article.](#)