
Pull-ups?

Posted by nursekelso - 2008/05/09 18:33

Hey, I'm on Day 7 of P90X right now. I started out on Lean, so Day 1 for me was Cardio, not Chest & Back. I switched (this week only) Kenpo X & Legs and Back, so yesterday was Legs & Back. All of the arm workouts involving the pull up bar are repetitions - however, I can't even do one pull-up! What do I do?

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Re:Pull-ups?

Posted by P90X ADDICT - 2008/05/09 22:00

Use a chair to help you up, but on the way down, try to take your feet off of the chair and do a slow negative rep. If this is not possible, you may need to start with the resist bands until you get stronger, but try at least one each time, that way you can measure your strenght gains. Don't worry, alot of us were in the same boat, and it will come with time, dont get frustrated, keep pushin it every day.

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Re:Pull-ups?

Posted by chub*rock - 2008/05/11 23:20

I can't do a pull up either:blush:

I use a chair like the above reply suggested. I also put the dvd on pause, do the pull ups with the chair and then unpause the dvd and do the band version while Tony and the crew do their pull ups. Figure double the work will help me get stronger faster! Keep up the good work and hang in there!

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Re:Pull-ups?

Posted by Les - 2008/05/12 08:29

I like the Chubster's idea of trying to do the pull ups while the dvd is on pause and then join them with the resistance band.

Addict's idea of negative resistance works more than you will expect.

just set a goal 1 without a chair even if it means you got off your toes without jumping i.e. all arms and back power.

or set a goal of 2 with chair assistance and very slow negative resistance.

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Re:Pull-ups?

Posted by Coy G - 2008/05/12 21:55

Doing twice the work could be harmful depending on much you're doing. If you over work a certain area you could strain or pull a muscle. Granted doing the pull ups from the chair isn't as draining on the body it could still take its toll. I'm not saying don't do it, just monitor it and don't do more than you're capable of doing.

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