
Today was Day One for me and I have a question

Posted by se4check - 2008/04/27 13:32

I guess I'll start with some info and then ask my question. I am 37 years old, 5'10", and 208 lbs. I play tennis and racquetball often, but I will admit that I just barely passed the minimum requirements for this system.

Question: I have a pull up bar and can get up to the bar (with the aid of the chair), but I can not get my chin over the bar. Should I switch to bands until I get a little stronger? My fear is that by not completing the full range of motion I am missing something important.

Thanks!

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Re:Today was Day One for me and I have a question

Posted by P90X ADDICT - 2008/04/27 17:34

se4check wrote:

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First of all, congrats on day 1, after this day you will never be the same, so take in the fact that you just made a decision that is gonna change your life.

As far as the pull up bar goes, while it is important to get a full range of motion in all the exercises, you are just starting out, and most people cant even do one pull up when they start this. Do what you can, by your second week you will see improvements. A suggestion to get a little stronger faster would be to do negatives, use the chair to get to the bar, and then release the chair and slowly lower yourself down, try to do at least a couple of these, even when you can do 1 regular, and you will see dramatic improvements in strength.

Dont worry about getting the chin over the bar, just get it to the bar for now. "If you build it...the muscle will come" . Welcome to the revolution.

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Re:Today was Day One for me and I have a question

Posted by Les - 2008/04/28 11:53

welcome

the object is to do maximum reps, and then try to top it next time.

your goal should be to do 1, that is without any assistance, then as pointed out by Addict, you should try to do some negative while using the chair, but I'll add that you should be extra slow on the downward motions to wake up all those muscles from your fingers to your mid back.

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