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## Have a problem with back and bis workout

Posted by Knicks - 2008/07/01 14:30

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Hello everyone, I have a problem with the back and bis workout because I have a pullup bar but no dumbbell weights at home. For the shoulders and arms workout i did that at the gym i go to, where they supply weights. In this video i see that you have to lift weights then do pullups then lift weights then do pullups again. My gym unfortunately does not have a pullup bar so i was thinking to do all the sets of pullups at home then go to the gym and lift the weights...i just wanted to know if that will be ok.

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## Re:Have a problem with back and bis workout

Posted by abhinav1singhal - 2008/07/02 09:49

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Hey,  
not sure if your gym has pull up bars, but there should definitely be some alternative sources for the same.

As pe my undrstanding, If you do pullups and then do biceps , then the whole purpose of muscle confusion might get defeated.

However, I think, instead of pull up bars, you might go for Lat pulls, that should be there in the GYM.

before doing this wait for other's replies.

Regards,  
Abhi

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## Re:Have a problem with back and bis workout

Posted by he4dhuntr - 2008/07/02 14:41

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I don't believe that it will defeat the purpose of muscle confusion. The muscle confusion concept has to do with changing up the workout routines every few weeks once your muscles get "used" to the moves so as to not plateau.

The issue I see with doing all the pullup routines at home and then going to do all the bicep ones at the gym is that you're muscles will get tired when you target the same ones for so long in a row. You won't be able to do as many back workouts or as many bicep workouts since you're muscles don't have time to rest while you're switching it up and working the other muscle. This could also make you prone to injury, so be careful with what you're doing and don't overdo it.

Also, as was said, there should be an alternative to pullups at the gym such as lateral pull-downs or maybe even resistance bands.

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## Re:Have a problem with back and bis workout

Posted by Kevin - 2008/07/02 15:26

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I agree with the others. Have you checked out the resistance bands? The nice thing about them is that you can take them anywhere and the out-of-pocket expense is much less than dumbbells. Also, the bands won't break your foot if you drop them. You'd have to talk to my wife about that!

The downside to them is that each band is a fixed resistance, so you'll need different bands for the various exercises. Beachbody sells a wide variety of them online, or you can get them at a sporting goods store as well.

I'd definitely alternate exercises, as Tony does in the videos. If you work a given muscle group with a series of different exercises you'll fatigue that muscle group quickly, and in an effort to complete the set you won't have the kind of control over the action you'd like, and sacrifice form. If your form goes bad you'll lose some of the benefit of the exercise and increase the chances of injury!

He4dhuntr brings up a good point...if you wanted to work out at the gym, maybe they have an alternative to a pull up bar.

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Any good ropes to climb there? I was never very good at them, but climbing rope might be a reasonable alternative to pull ups and you could vary grip and come a bit closer to recreating the activity of a pull up bar that way.

Hope this helps,

Kevin

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