
L pull ups

Posted by Krantze_ - 2008/07/26 18:39

In case you didn't already know, L pull ups are where you hold your legs straight out in front of you while doing a pull up or chin up. It's a great ab/back workout.

Anyways, I was just wondering if anyone has integrated that into their regular workouts. I just discovered these today and went and tried a few, they're tough, but I managed to do about ten straight and could probably do some more. I was thinking about turning all of my pull ups into L pull ups, just to get an extra ab workout. Plus they make you look like you're really strong! Haha.

The one hard thing about them for me is to keep my legs fully straight. I have the strength, just not the flexibility. So I'm gonna start stretching a lot more so I can master it.

Your thoughts?

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Re:L pull ups

Posted by Les - 2008/07/27 12:52

like I don't have enough struggle trying to pull my weight up, now you want me to start getting fancy with my legs ?

ok now that my anger has been released let me answer your question.
No I merely concentrate on getting my reps in.

but the ABs/Core in P90x Plus has that so I can't ran forever i'll have to face it when i start p90X Plus

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Re:L pull ups

Posted by Krantze_ - 2008/07/27 18:54

Haha, sorry to rub it in. It is a great ab workout though, my abs are more sore today than after a day of ab ripper.

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Re:L pull ups

Posted by johninjersey - 2008/08/22 12:00

LOL

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