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How to Carve a Gymnast's Ripped Back with Pull ups (Bodyweight Bodybuilding Tips Book 2) (English Edition)



Par Anthony Arvanitakis
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Description :

Prsentation de l'diteurFrom the author of the #1 BEST-SELLING BOOK: "All you need is a Pull-up Bar"
Pull-ups are the best upper-body muscle-building exercise out there. Elite organizations such as army special

forces, SWAT teams, the marines and more, all require a minimum amount of pull-ups as a prerequisite for anyone to join their training programs. But, although pull-ups target first of all the back, you usually end up feeling them only on your arms, right? Heck, your neck feels tense every time you perform them and you wonder what you are doing wrong. The truth is that there is more to pull ups than just lifting yourself up and down from a bar. It's quite common for people to be doing a ton of reps without any impressive results. This book will first of all teach you that you have to bring your reps down while polishing your technique. "Huh?

Lower my reps? Isn't that bad for building muscle?" When it comes to pull-ups, no it's not. Pull-ups are a completely different animal than most of the exercises out there. Eight good reps are better than fifteen crappy ones as you will learn. Doing your reps the wrong way can have you wondering why your back doesn't grow. Learn to do them the right way and people will go "Damn!" when they see you topless. How to

Carve a Gymnast's Back with Pull Ups gives you all the tools you will ever need in order to turn this exercise into the muscle building monster it really is. There are 6 techniques in the book to help you maximize the muscle growth of your back during pull ups: 1. Learn how to activate your lats. First you got to feel your lats before even starting to do a single rep. That way you make every rep count and you also release tension from your neck and shoulders. 2. Switch your back muscles on before you pull. This is a middle step between hanging and pulling and many people neglect it along with the extra back activation it provides. 3. Lift yourself up without excessively using your arms. Ever felt your biceps and forearms pumped up from pull ups but not your back? By having your elbows close to your ribs as you pull, you can say hello to your new, pumped back! 4. Bring your chest to the bar for maximum contraction of the lats. Ninety-nine out of a hundred people can't do this and their back growth clearly indicates it. This is the technique that takes your back from "meh, OK" to "WOW!". 5. Control your body on the way down. An uncontrollable rep is a rep wasted. You damage your joints and even miss on extra back growth. 6. Visualize your lats

contracting. This is the cherry on top of the cake and you get to eat it too. Internal cues like visualizing have helped many people increase exercise performance and you can now do the same with your pull ups. You can start performing these techniques immediately, wherever you are and begin witnessing your back become as powerful and muscular as an Olympic Gymnast's. Don't hesitate to pick up your copy today by clicking the

BUY NOW button at the top of this page! P.S. Don't blame me when people start complaining that you're blocking their sun once you master these techniques.. You've been warned. Presentation de l'diteur From the author of the #1 BEST-SELLING BOOK: "All you need is a Pull-up Bar" Pull-ups are the best upper-body muscle-building exercise out there. Elite organizations such as army special forces, SWAT teams, the

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