



Swiss Ball Pull Up

Underhand Grip



Overhand Grip



This is an excellent exercise for both the upper body and abdominal strength. By changing the grip of your hands from underhand to overhand and narrow to wide grip you can have a complete upper body workout.

1/ To do this exercise you have to have straight arms and keep your back off the floor whilst both feet are resting on a Swiss Ball so the smith machine bar has to be set to a level that enables you to do this.

2/ Keep your body and legs straight and tighten your core to prevent your mid section from dipping

3/ from straight arm position pull the body up towards the bar holding the position for a split second before returning back to the start

4/ Repeat for as many repetitions as you can before stopping

5/ having your head lower than your feet when starting will increase the intensity of the exercise and having your head higher than your feet when starting will decrease the intensity

