

LINKING BAR MUSCLE-UPS

By Performance Plus
Programming





THANK YOU FOR DOWNLOADING OUR BAR MUSCLE-UP E-BOOK

The Bar Muscle-Up can be one of the more frustrating skills for fitness athletes to develop. This movement requires the combination of strength, coordination, and mobility.

Lacking in any one of these areas makes performing and linking this skill more difficult.

Use this eBook as a guide for understanding where you need to focus your Bar Muscle-Up practice. As you address your specific needs you should see dramatic improvements in technique and efficiency.

A black and white photograph of three athletes in a gym setting. A woman on the left and a man on the right are high-fiving a third person in the center. They are all smiling and looking towards each other. The background shows a brick wall and some gym equipment.

About Performance Plus Programming

Performance Plus Programming has a simple goal. To bring your performance to a new level by focusing on technique training with a Prehab twist. We have 30+ programs designed to help athletes of all skill levels reach their fitness goals. From your first pull-up, to increasing muscle-up volume, improving mobility, increasing strength, maximizing your endurance, and much more!

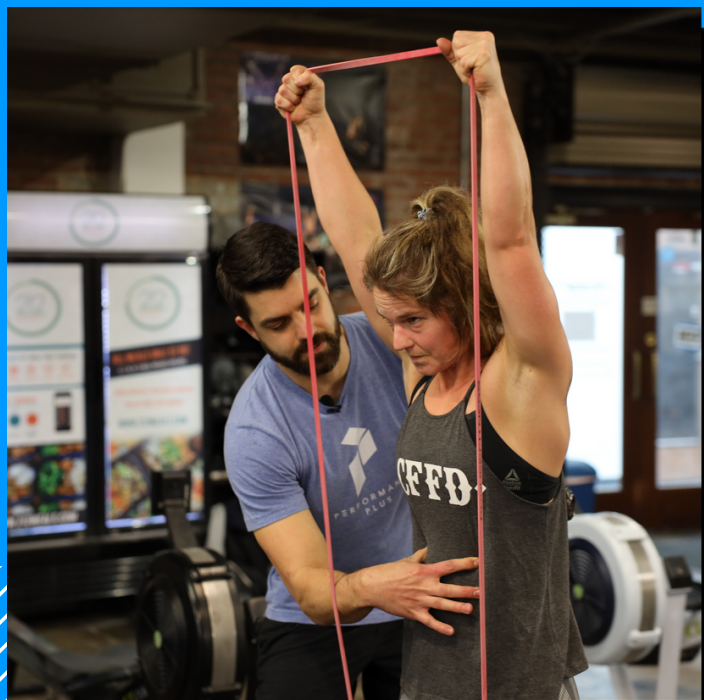
By becoming a member of Performance Plus Programming, you will get access to all of our programs which we regularly add to based on member requests. You will also have access to all the plans through our smartphone app.



The Performance Plus Team

PAMELA GAGNON

Pamela Gagnon is a leader in the area of body weight strengthening movements for today's athletes and currently a Gymnastics Specialist for Mayhem Gymnastics. Her background as a Division I Gymnast and CrossFit Games Masters athlete has given her over 30 years of experience as an athlete & coach. She coaches athletes worldwide on how to implement strength and gymnastics skills to improve their fitness performance.



DR. ZACHARY LONG PT, DPT, SCS

Dr. Zach is a Board Certified Sports Specialist, Level One CrossFit Trainer, NASM Performance Enhancement Specialist, and certified SFMA practitioner. He graduated with highest honors from the University of North Carolina at Chapel Hill for his undergraduate degree before earning his Doctorate at East Carolina University. Outside of the clinic, Zach can be found training and coaching at Iron Tribe Fitness in Charlotte.

THE TOP REASONS YOU STRUGGLE WITH LINKING BAR MUSCLE-UPS.

Your single Bar Muscle-Ups need more work.

Can you complete a Kipping Bar Muscle-Up with ease? Do you struggle even with one repetition, landing low and lacking body tension throughout the skill? If this is the case, you are rushing to the next step and are not quite ready to string together multiple repetitions. This would be like barely getting a one rep max clean and jerk and then adding more weight to the bar. Master the foundation first.



Most athletes struggle with linking bar muscle-ups because they haven't mastered technique of their first rep!

Can you complete a Kipping Bar Muscle-Up with ease? Or, do you struggle even with one repetition? Do you land low and lack body tension throughout the skill?

If this is the case, you are rushing to the next step and are not quite ready to string together multiple repetitions. This would be like barely getting a one rep max clean and jerk and then adding more weight to the bar. Master the foundation first.



Inability to create proper tension.

Tension is key not only to move with the most power and efficiency, but to also keep ligaments and tendons "safe." To build tension, you get tight, which means your muscles are actively working and protecting the force when your body is in motion.





When we think about linking the Bar Muscle-Up and creating tension, we need to understand the "why" behind the need for a tight body and active shoulder muscles.

Without knowing how to create active muscle the force of gravity will create a swing that feels out of control. This can create fear in the brain of the athlete and also can become dangerous.

Lack of grip strength.

Grip strength is important on the rig, especially when adding force and momentum. Proper grip strength can help you engage the larger forearm muscles which will help engage the lats even more. This will help you gain more control of the decent when linking the next rep of the Bar Muscle-Up.

This FREE GRIP STRENGTH PROGRAM will help you build better grip strength.



RUSHING THROUGH EACH PHASE OF THE SKILL.

When your brain is focused on the "end" goal of linking the Bar Muscle-Up you may, subconsciously, be rushing through each step of the next Bar Muscle Up. This can cause you to misread timing of each position [the drop, the arch, the hollow pull around].



Lacking coordination/timing of skill

Let's face it, if you're not coordinated things are just more difficult. What does coordination really mean when it comes to linking Bar Muscle Ups?

Coordination can apply to body awareness. Are you aware of what your body position is, are you able to create the shape necessary to move your body through space? Do you understand how to create tension while moving your body in various positions?

If you lack coordination, it will also affect the timing of certain movements within a skill. Sequence of events in the skill is important. If you rush through one phase, you will not benefit from the shaping and tension to the next phase. Coordination is built by PRACTICE.

HERE ARE 3 DRILLS YOU SHOULD BE DOING



Once you've identified the specific problems limiting your performance to link Bar Muscle Ups you can begin to game-plan how to address your weaknesses and bust through your plateaus.

...Then you'll be linking them in no time !

DRILL #1: PIKE BOX DROP

Let's face it, dropping from the support is scary! This will help you build confidence and learn how to hold tension. The object is to land **SOFTLY** on box, which means your muscles are controlling the drop [and you're not relying on the box to stop momentum].

Try 10-12 reps, resting as needed between sets.

Video yourself to watch drop and control.



DRILL #2: CATCHING TENSION

We are taking drill #1 and applying it to this drill. Now that we are aware of the drop and how to create a controlled swing, we will be working on breaking up the swing into parts of the whole. This way our brain can focus on what step at a time.

This drill will focus on catching the arch with tension by activating our lats and traps to maximize tension in the arch.

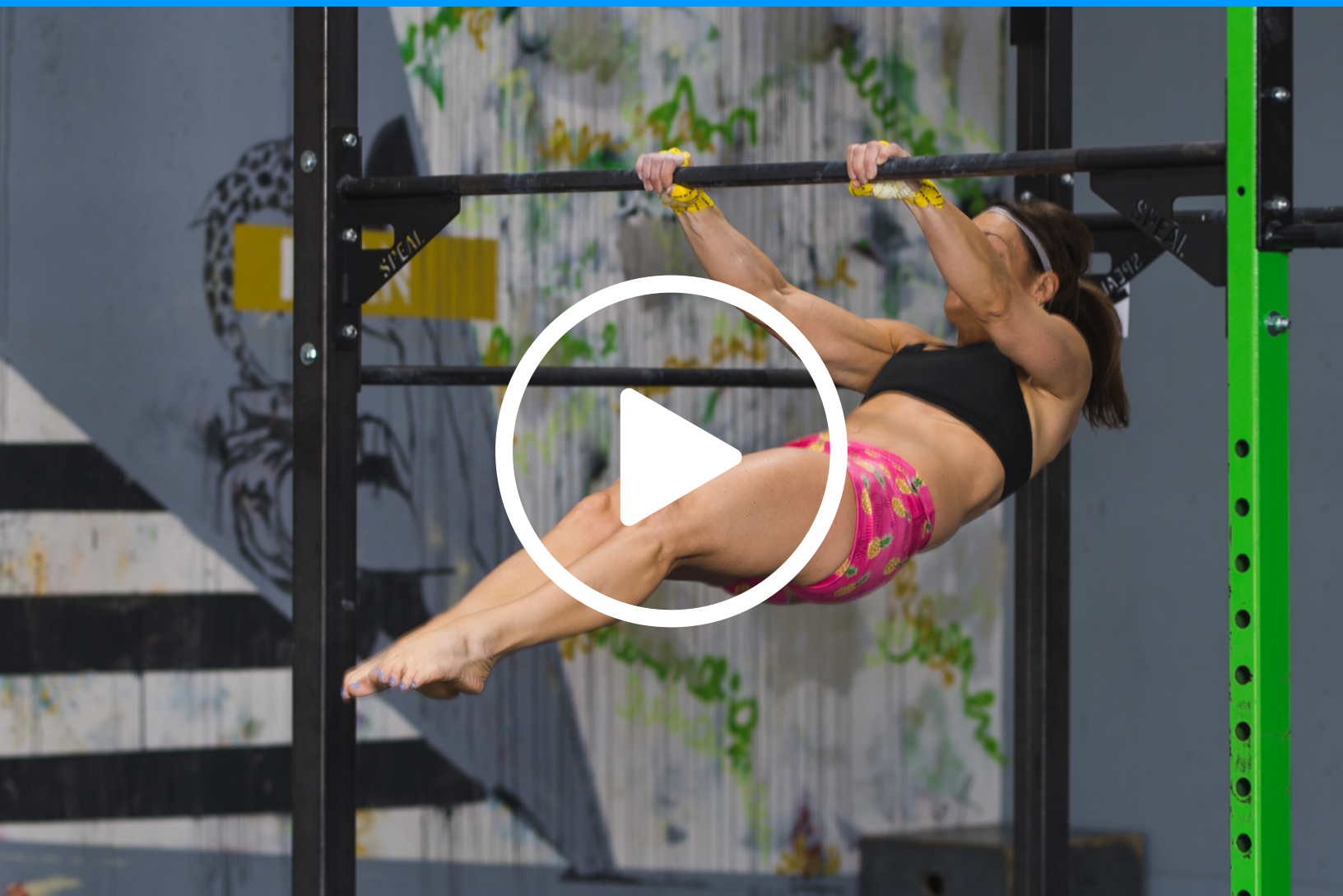
Try 10 reps [video yourself to see your control and shaping]



DRILL #3: THE PULL AROUND

In this series, you can see how each drill builds on the foundation of the one prior. This time we will take the drop a step farther and pull around into a hollow "lat" pull down on our swing. This will prepare us to transition easily into the support position, when ready.

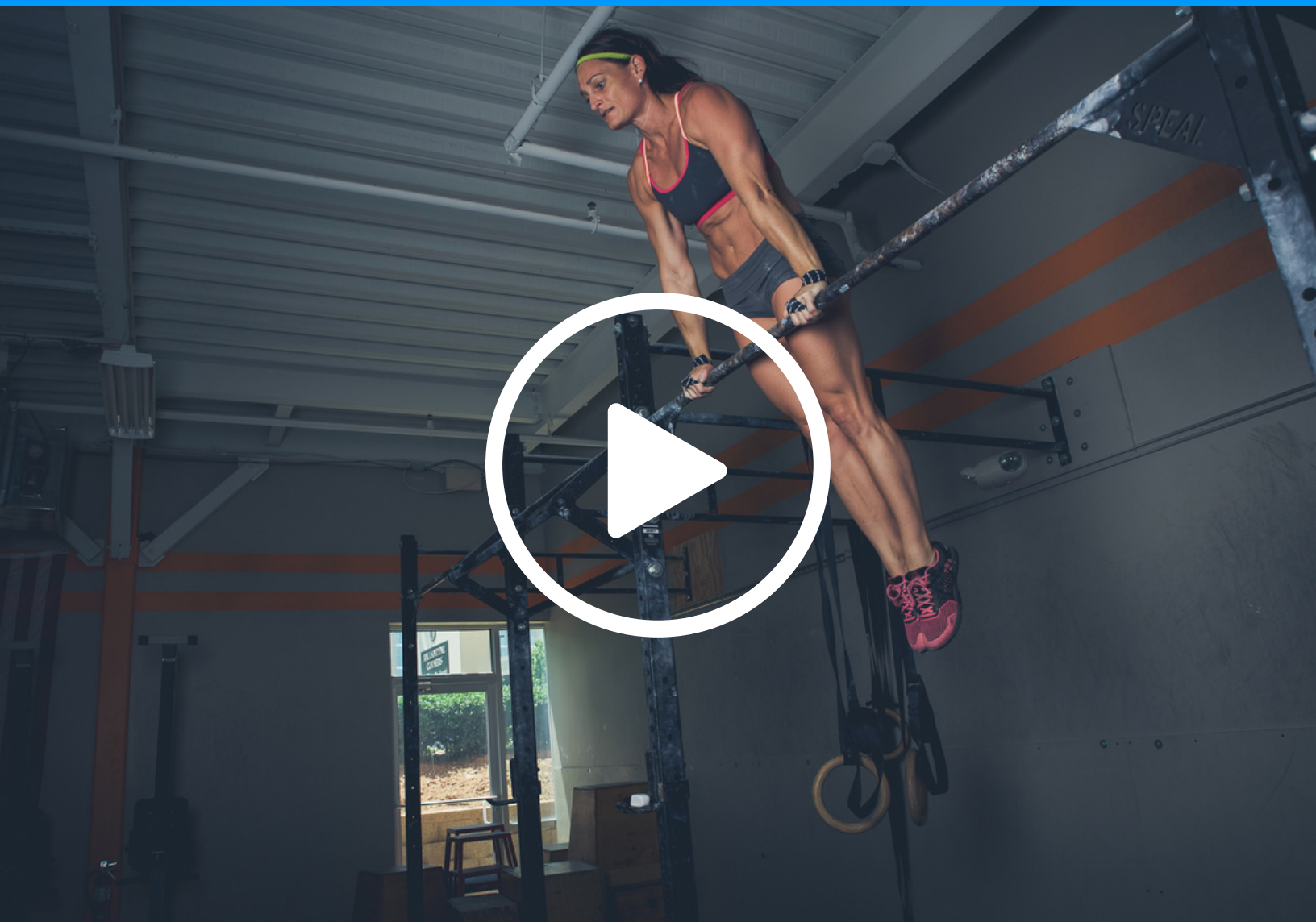
Try 10 reps [video yourself to see your control and shaping]



PUTTING IT ALL TOGETHER

Now that you understand how to build tension, shaping and control the descent into the next rep, it is time to string together the Bar Muscle Up.

This video below will help you visualize the skill and understand the timing in each stage of the drop, arch, hollow, and pull around into support position.



Ready to Gain More Strength & Technique for Linking Bar Muscle Ups?

PERFORMANCE PLUS is uniquely developed to help you stay ahead of injury by focusing on prehab and bodyweight strength. Each day our experts demonstrate skills programming that will help you achieve your goals— whether you are training for a competition or just want to get stronger, our step-by-step guidance is all you need to take care of your body.

Click below to begin your Bar Muscle Up Endurance Program.

