

The Negative Chin-up

You can improve your shoulder mobility while adding upper body strength by doing one move – the Negative Chin-up. Performing slow negatives are a great way to build flexibility along with strength in the body's tendons. A negative is the lowering portion of an exercise. For the chin-up, the negative is the lowering of your body towards the ground.

THE MOVE

✘ There are two ways you can start depending on your initial strength. As a beginner, use a plyometric box to allow you to reach the top position (first image). For the more advanced, jump up and grab the bar. Now with your chin above the bar, slowly lower your body until you are hanging from the bar with your arms locked-out, taking eight to 10 seconds complete the movement. Perform 2-3 sets of 8-10 reps.

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