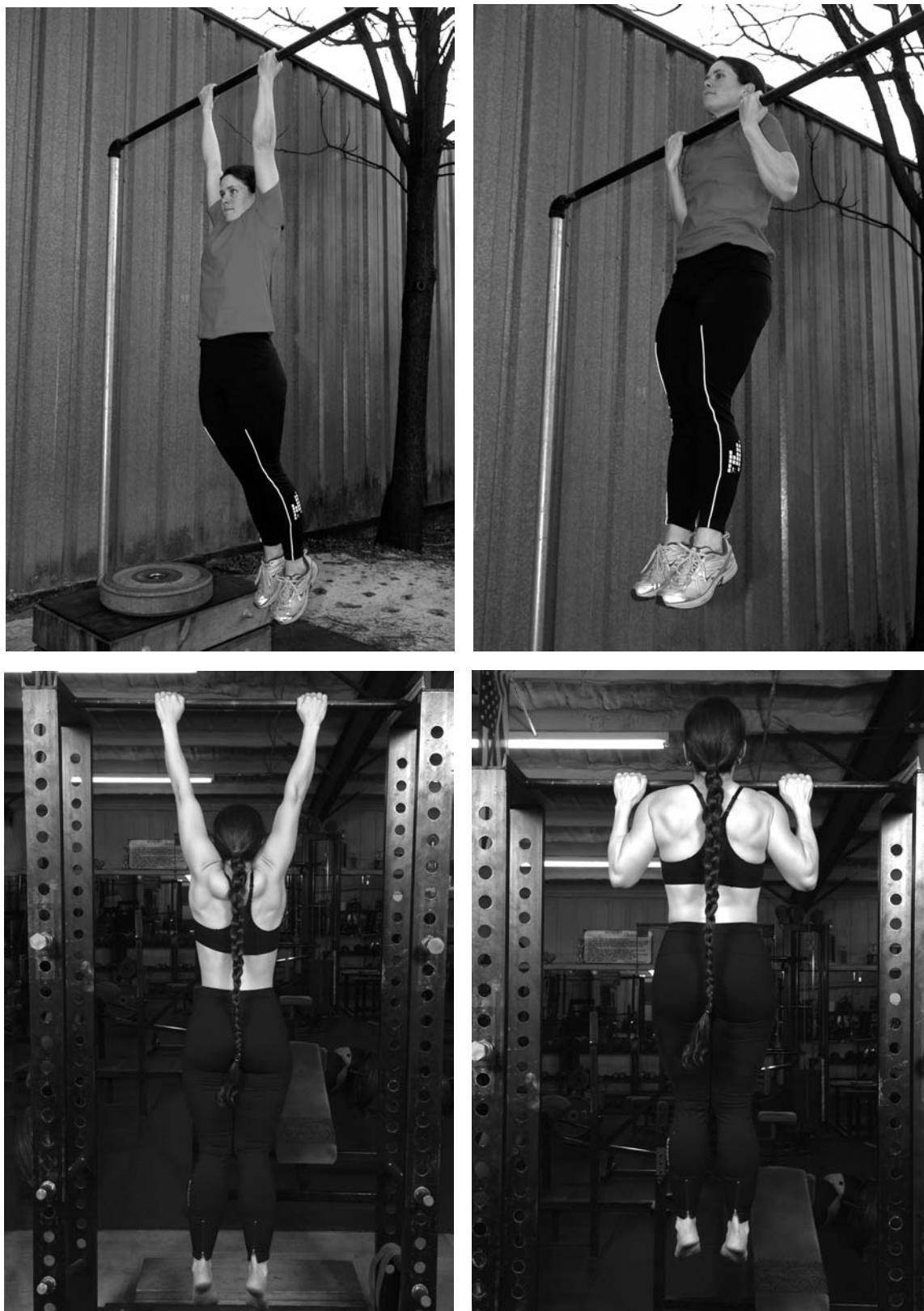


*Basic Barbell Training*



**Figure 7-42.** The chin-up (top) uses a supine grip, and the pullup (bottom) done in the power rack uses a prone grip.