

Basic Barbell Training

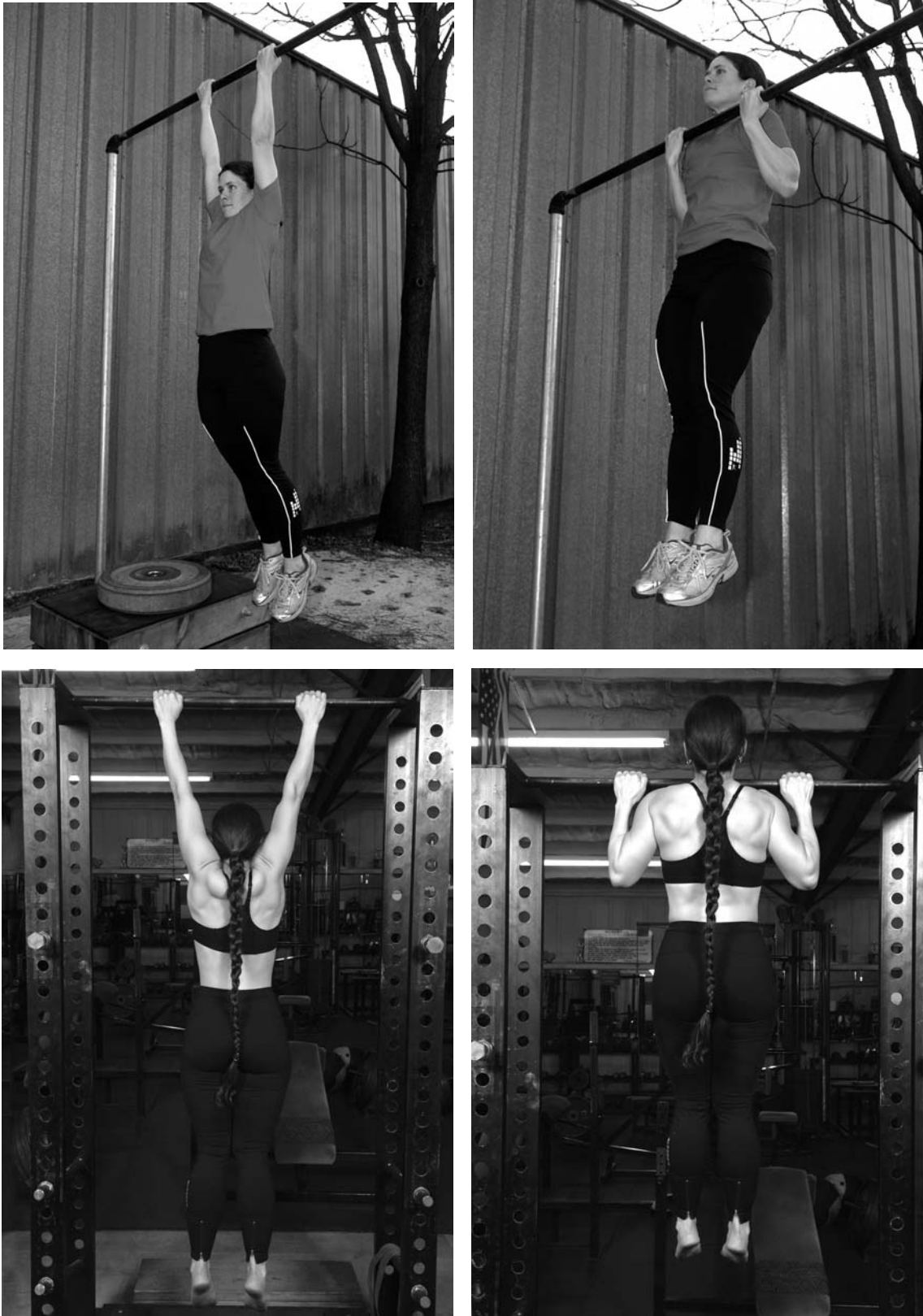


Figure 7-42. The chin-up (top) uses a supine grip, and the pullup (bottom) done in the power rack uses a prone grip.