

## Smith rack pull up horizontal 00304



### Tips

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Start with the hands approximately shoulder width on the bar with a pronated grip.

Explosively pull the chest towards the bar, take the hands off the bar temporarily then place them back onto the bar.

As soon as the hands are placed back onto the bar, catch the body & pause for a moment then return to the start position & repeat the movements.

Keep the body straight with the neck in line with the spine.

### Cautions

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Ensure that the bar is securely racked & take a firm grip on the bar.

This exercise requires adequate dynamic strength to catch the body safely.

Consider placing a soft mat on the floor in case the hands slip.

### Prime Movers

[Teres major](#)  
[Rhomboides major](#)  
[Latissimus dorsi](#)  
[Biceps brachii](#)

[Triceps brachii](#)  
[Subscapularis](#)  
[Deltoid-posterior](#)  
[Infraspinatus](#)

### Related Exercises

[Smith rack pull up horizontal 00303](#)  
[Single leg smith rack pull up horizontal 00675](#)

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### Disclaimer

No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.