

# Chin-Ups

Q Z W L X X U P P E R A R M S J K  
C P N D I Q B A W K C H I N U P S  
Y V N L U T Q S R X Z U C L O P F  
M R I F N I D P S M H Z F E E Z R  
L I J J I K L A P J S W N S L V L  
F C M U W O P C P T G E J I I W T  
R L Y R W O S E C A Q F H M Q U L  
Z C E E R C K D V G L I R I D R G  
Q X R M C J A A W P R M U B S D X  
I P W X Q E U P O B L W S Y H B K  
K E D G T W S A B V B S V S T X C  
G M E C N E M R O A T E S I R M X  
H Y K E I A H T C U R H L F F A S  
W M E U I N I D G H K C L V H I D  
W X Z U X Z D E L L O R T N O C B  
U B E M P P C G U M Q J Y E B L N  
A N W D N C R O S S E D L E G S J

**Spaced-apart  
Upper-arms  
Palms  
Arms**

**Crossed-legs  
Chin-Ups  
Rise  
Bar**

**Controlled  
Lower  
Firm**