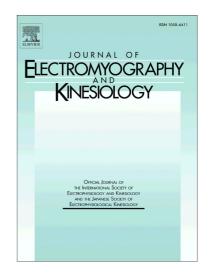
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Electromyographic analysis of muscle activation during pull-up variations.

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Introduction

The pull-up is a resistance exercise widely used in a variety of strength and conditioning settings to promote muscular endurance or strength adaptations. However, despite familiarity with the pull-up amongst fitness professionals to promote strength adaptation, there is a lack of evidence demonstrating muscle activation during this exercise (Vanderburgh & Flanagan, 2000; Williams, Rayson, & Jones, 1999). Many fitness professionals work under the

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