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James A. Dickie, James A. Faulkner, Matthew J. Barnes, Sally D. Lark

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Electromyographic analysis of muscle activation during pull-up variations.

James A. Dickie¹, James A. Faulkner^{1 2}, Matthew J. Barnes¹ and Sally D. Lark¹.

¹ *School of Sport and Exercise*

Massey University, Wellington, New Zealand

² *Department of Sport and Exercise*

University of Winchester, UK

Dr. Sally Lark

College of Health

Massey University

Private Bag 756

Wellington 6140,

New Zealand

Ph: +64 (0)4 801 5799 ext 63497

Fax: +64 (0)4 801 4994

Email: s.lark@massey.ac.nz

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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