

Training plan: Improve hang time, 3 x week, 20 min each. Breaks between sets approx. 1 min. Equipment: Pull-up bar (for ceiling, wall, ...)

Training plan to improve hang time

Start of the training

1x 10 each (per side):
Neck circles, shoulder rolls, arm circles forward
Arm circles backward

Perform the training 3 times a week or every other day.

Warm-up
5 min

Grab your pull-up bar about shoulder-width apart and simply let yourself hang. Avoid active pulling. Do 3 sets of 10-30 seconds each. Increase week by week.

Hanging on the pull-up bar
(3 x 10-30 sec)

Do classic bicep curls with dumbbells, a band bar, or a resistance band

Bicep curls
(3 x 3-10)

Wrist flexion
(up, down)
(3 x 3-15)

Finger extension / flexion
(3 x 3-15)

Cool-down / Stretching
5 min

Stretch the utilized muscles to improve flexibility and prevent muscle tension.

End of the training

