Newspaper Crush and Pull-up on Ropes

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- Basic -

Newspaper Crush

Starting Position

- Grasp a large sheet of newspaper at one corner with the thumb and fingers.
- With elbow fully extended, lift (abduct) one arm to the side until it is parallel to the floor.
- The hand should be pronated (palm facing down).

The Exercise

- Using the thumb and fingers, crumple the paper.
- Continue until the paper is crumbled completely into a ball.
- Repeat with the opposite hand.

Muscles Used

Flexors and extensors of the hand and forearm.

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Pull-Up on Ropes

Starting Position

- Grasp ropes (1 to 1-1/2 in. diameter) hanging from a secure apparatus such as a chinning bar.
- Extend the arms fully.
- Keep the feet off the floor.

The Exercise

- Pull, raising the body until chin is even with hands.
- Lower the body in a controlled manner until the arms are fully extended.
- Do not allow the feet to touch the floor.
- Repeat the movement.

Muscles Used

Latissimus dorsi, elbow flexors, pectoralis major, biceps, brachialis, flexors and extensors of the hand and forearm.

Variations

Ropes may be attached to a lat-pull machine. Towels may be used if ropes are not available.