



Recommended Equipment for Prepare to Pull Up

- A **pull up bar** or any bar-like structure you can safely hang from with your arms overhead.
 - here are some product links for pull up bars.
Read to make sure these will work with your door frame.
 - [option 1](#)
 - [option 2](#)
 - [option 3](#)
- [Jump stretch bands](#) (highly recommended, but optional)
 - *You can get a whole set, or look for one relatively light and one relatively heavy band option for plenty of versatility.*