

Secret to mastering the muscle up...

Finally, with the right swing I did it. I DID IT! I got to the top of the bar. That was my first clean muscle up.

2 months have passed since I started calisthenics. I could do 12 pull ups and 30 push ups and that seemed like nice progress for that time. Also, I gained some muscle too. So, I thought it was time to learn something difficult but did not know what. Question stuck in my head "What should I do? Which cool thing do I need to master?". These questions teased me all day. I could not focus at work. Production level tanked. I was overthinking and overthinking this simple thing. Eventually, after having dinner, I felt a little bit relaxed. I decided to scroll for some time in order to distract myself. I watched how other athletes were doing cool stuff like handstands, planche and one arm pull ups. They all were cool. I wondered "When will I be like them?". I really wanted to do something impressive and difficult for others. I was lost inside my thoughts. Then, I came across a random guy's video where he showed the evolution of his muscle ups in a year. First time when he was doing muscle ups he was not that strong because I saw how skinny he was and he used a real big swing to get the top of the bar. It was clear as crystal that he was a beginner like me at that time. So, I was like: "This is what I should do. I can do that". I went to a bar and tried it for the first time. I admit it, It was not a clean and perfect one. Indeed, I did dirty muscle up. While getting to the top of the bar, I felt really strong tension in my chest and arms which gave some pain later. It was a new experience after all and I liked it.

The clean one I did after 3 weeks of every day practices. It really helped to build more muscle and strength. If you don't know how to do muscle up as I used to.

WATCH MY STEP BY STEP VIDEO([button to the link of video](#))