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Take the Chin-Up Challenge

Chin-ups are kind of difficult to do. But they are very effective in building strong upper body muscles. Click on the link to find out about the chin-up challenge and tips on how to do chin-ups faster.

Chinups can efficiently build your back and arms. As you become better at this test, you're increasing your athletic ability, says Martin Rooney, P.T., C.S.C.S., the author of Ultimate Warrior Workouts.

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