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ENGL 1101

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How to do a muscle up

Calisthenics is a form of strength training in which you master your body weight. Some examples are push-ups, sit ups, and pullups. The more advanced version of the pullup is the muscle up, where you pull yourself completely over the bar. It may sound easy to think about, but it takes people months or years to be able to do it. A muscle up uses all your upper body, starting with the motion of a pullup and then turning it into a dip to lift your upper body above the bar. Many compositions teach “How to do a muscle up”, and some examples are an Instagram post for its focus on helping other people’s specific problems, an article for its deep detail on the steps and different exercises you can do, and a podcast with a professional talking all about the genre.

Chris Daley (a content creator) gives tips and teaches people how to do a muscle up through an Instagram reel. The post has an audio/ visual modality and is a form of digital media. This means that it is accessible online on Instagram. With Instagram using artificial intelligence, this post is targeted to an audience that likes and watched calisthenics and workout videos, which are probably people that go to the gym often and are athletic. With an Instagram post setting the scene and hooking your audience before they swipe away is crucial.

The structure of the Instagram post effectively draws in and keeps an audience that wants to learn a muscle up. In a short post that teaches something, he effectively starts off by addressing someone's comment on how they are struggling and then explains how to fix it in 3 steps. Starting with an issue that many people could relate to is a strong way to hook people in to watch and hear what you have to say. After addressing the issue, a subtle suspenseful beat appears in the background, and he begins to give tips and show the proper motions with a calm voice over explaining each step. The design of the post is also effective as he is in what looks like a smaller expensive local gym because there aren't many people in the background and there is very good lighting coming from a decorative light design on the ceiling. The angles that are shown are perfect to point out the focus that he is talking about, if it's the wrist motion of the full body motion. The structure and design of the post makes it more trustworthy and persuasive.

The post uses all three rhetorical appeal tools. He starts off using Pathos when he reads a comment about a person's problem with doing the muscle up. Doing this hook in people with similar issues and better connect with the audience. Then he uses Ethos by stating confidently "I got you Bruh". With the confident tone in his voice and him being visually physically fit, it gives a sense of trust that he knows what he's talking about and that he will be able to help. He goes on to use Logos by giving specific tips and then explaining how each tip will help you better accomplish the muscle up, and that something most other compositions don't do.

This post is better than most other "how to do a muscle up" posts because of the design and explanation of each step. The expected convention for most posts is showing the movements and telling the main focus in each step. Other posts don't explain why it's important or give specific tips, while the composition I chose dives deeper into each tip, explaining and relating them to the past tip without saying or doing too much. Giving broad yet specific details make

this composition the best for this intended modality. Another composition that teaches “how to do a muscle up is an article.

In an article called “5 Steps to Nailing Your First Muscle-Up”, it states the strength prerequisites needed, a beginner progression guide, and a list of advanced progression exercises. This is a text-based modality and a digital media, which means that the article is text and accessible on the internet. The article is intended for an audience that is a beginner to calisthenics and wants to learn to a muscle up. The structure of the article makes it useable for everyone regarding your strength level.

The order in which the article is formatted is intended to address beginners and gives steps to become more advanced. They start off by stating basic prerequisites you must be able to accomplish, then moving onto specific skills you must learn to do a muscle up. In between each step they add YouTube videos or lists of specific exercises so you can better understand what to do. They also bold important parts of the article so you wouldn’t have to read the entire thing. The high level of information with videos to back it up lets the reader trust it more.

The article gives us Logos when they are stating the different workouts you could do, pathos in the structure of the article, and ethos when they state that this article will teach you how to do a muscle up. The article is structured from beginner level workouts to advanced workouts, and this gives a feeling of connection as they will help and teach a person even if they aren’t strong. They give logical workout prerequisites and exercises for whatever level the audience is on. It also states that by following the workout plan that you will have the strength required to do a muscle up.

What makes this article better and more effective than most other articles are the fact they teach you the steps as if you're a beginner to working out. They state the strength prerequisites needed before you start attempting a muscle up, while the others jump straight into the form and ways you could get the motion right. Explaining all the steps from beginner to expert makes this article have more of a targeted audience as all people could benefit from it no matter your progress level.

A YouTube video titled "Power Monkey Podcast Episode 10: The Bar Muscle Up" is a podcast between the host and a US Gymnastics Olympian talking about muscle ups. This is an audio modality and digital media. It's because they are talking to each other and it's all online. With YouTube having artificial intelligence this podcast is targeted to an audience that works out and wants to learn how to do a muscle up. This video is free on YouTube and easily accessible to people with technology and Wi-Fi.

The podcast ep uses voice tones and topic structure to better talk about the genre. The host and the guest speaker have different tones of voice to better differ their voices for the listeners. For ex. The host has a calm/ muffled voice while the guest speaker has an energetic clear voice. The order in which they talk about topics greatly impacts the attention of the listener as they are talking about important tips. For example, they compare ring muscle ups to bar muscle ups then talk about consistency and the different grips you could use. Most of the style and design choices they chose made the podcast entertaining and educational to listen to.

This podcast has all three rhetorical appeals. They use Ethos in the beginning when the host introduces the guest speaker as a US Gymnastics Olympian and during the entire podcast he speaks clearly and with confidence. This gives him status and because he speaks confidently it allows us to have trust in what he is saying. For the rest of the podcast, it uses logos and pathos

when they talk about different forms and explain every step in high detail and then talks about different techniques to make it easier or harder. They give a lot of information and logic that makes that he is saying believable, and they bring up struggles and complications that people may run into to connect with the audience and make it feel like they care.

What makes this podcast better than the other one I listened to is the amount of detail and information that's given. The convention expectation is for them to talk about what it is and how to do it, but they go into high detail about how to do a muscle up, the correct form, timing, and different techniques. The other podcast that I listened to briefly talks about form and technique and more on diet and losing weight. When wanting to learn how to do a muscle up, dieting isn't as important as tips and tricks for you to be able to do one. The large amount of content given is what makes this podcast better than the others.

In the gym, being strong and fit is an important thing and doing a muscle up is a great way to show that. Mastering the muscle up, a challenging calisthenics move, can be taught through different forms of media. Each composition gave specific tips and tricks to help the audience learn to be able to do a muscle up. Composers could keep things different and fresh by answering different questions in the comments and by creating workout plans for people to attempt to be stronger.