

Pull Up Programme: Part 1

Pre Requisite: 1 Pull Up with Purple Band

Goal: To achieve 1-2 Pull Ups with a Red Band

Warm Up: 500m Row,
Crossover Symmetry Activation routine,
10 Scapula Pull Ups,
1 set of 6-8 Pull Ups with an easy band (Green & Red?)

Workouts:

Session A

- 5 x 3-5 Banded Pull Ups @ 20X0 Tempo (2 sec down)
- 3 x 8-10 Bicep Curls @ 30X1 (3 sec down, 1 sec pause at top)

Date:				
Banded Pull Ups				
Bicep Curls				

Session B

- 5 x 6-8 [Self-assisted Pull Ups](#) @ 21X1 Tempo (2 sec down, 1 sec pause at top and bottom)
- 3 x 8 [Powell Raise](#) @ 30X1 Tempo (3 sec descent, 1 sec pause at top)

Date:				
Self-assisted Pull Ups				
Powell Raise				

Session C

- 5 x 8-10 Ring Rows @ 2111 (2 sec down, 1 sec pause at top and bottom)
- 1 x Max Hang from bar

Date:				
Ring Rows (foot position and reps)				
Hang				