

Pull Up Programme: Part 2

Pre Requisite: 1-2 Pull Ups with Red Band

Goal: To achieve 3-5 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 (Purple/Green?)

Workouts:

Session A

- 6 x 2-3 Banded Pull Ups @ 30X0 Tempo (3 sec down)
- 3 x 6-8 Single Arm Dumbbell Rows each arm @ 30X1 Tempo (3 sec down, 1 sec pause at top)

Date:				
Banded Pull Ups (Band & Reps)				
Single Arm Dumbbell Row (Weight & Reps)				

Session B

- 5 x 6-8 Single Leg [Self-assisted Pull Ups](#) @ 21X1 Tempo (2 sec down, 1 sec pause at top and bottom)
- 3 x 8 [Powell Raise](#) each arm @ 30X0 Tempo (3 sec descent)

Date:				
Self-assisted Pull Ups				
Powell Raise				

Session C

- 5 x 6-8 Ring Rows @ 2111 (2 sec down, 1 sec pause at top and bottom)
- 2 x Max Hang from bar (w. 1 minute rest)

Date:				
Ring Rows (foot position and reps)				
Hang 1 (time)				
Hang 2 (time)				