

Pull Up Programme: Part 3

Pre Requisite: 3-5 Pull Ups with Red Band

Goal: To achieve 1 Strict Bodyweight Pull Up

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

Workouts:

Session A

- Banded Pull Ups 3-2-2-1-1-1 @ 20X0 Tempo. Attempt a bodyweight one, when ready
- 3 x 6-8 Bent Barbell Rows @ 21X1 Tempo

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| Date: | | | | |
| Banded Pull Ups | | | | |
| Bent Rows | | | | |

Session B

- 5 x 4-5 Partner-assisted Pull Ups @ 21X1 Tempo
- Crossover Symmetry Iron Scap routine

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| Date: | | | | |
| Iron Scap (bands used) | | | | |

Session C

- On the minute for 10 minutes: 1-3 Negatives. Minimum 3 second descent.
- 3 x Max Hang from bar, with 1 minute rests

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| Date: | | | | |
| Negatives | | | | |
| Hang 1 | | | | |
| Hang 2 | | | | |
| Hang 3 | | | | |