

## Pull Up Programme: Part 4

**Pre Requisite:** 1 Strict Bodyweight Pull Up

**Goal:** To achieve 3-5 Strict Bodyweight Pull Ups

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

**Workouts:**

**Session A**

- On the minute for 6 minutes: 1-3 Strict Pull Ups @ 20X1 Tempo. Add 1 minute every week.
- 3 sets of 10 Hollow Rocks & 10 Superman Lifts. Add 2-4 reps to each movement each week.
- 3 x 8-10 Bent Reverse Flys @ 30X1 Tempo

Date:				
Minutes:	6	7	8	9
OTM Pull Ups (Reps)				
Hollow Rocks / Superman				
Reverse Flys				

**Session B**

- 5 x 5-6 Ring Rows @ 2111 Tempo
- Crossover Symmetry Iron Scap routine
- 5 minutes Kipping Swing Practise

Date:				
Ring Rows (foot position and reps)				
Iron Scap (bands used)				

**Session C**

- AMRAP 5 minutes: Strict Pull Ups.
- On the minute for 5 minutes: 2-4 Negatives. Minimum 3 second descent

Date:				
Pull Ups				
Negatives				