

CHEST-TO-BAR PULL-UP

Week 1

PREREQUISITE	<ul style="list-style-type: none"> - 3-5+ strict chin-over-bar pull-ups - 3-5+ banded chest-to-bar pull-ups
DAY 1	<ol style="list-style-type: none"> 1) 3 × 10 reps ring rows <ul style="list-style-type: none"> - Feet 1 step forward of the rings 2) 30 seconds x 3 sets active hang from the pull-up bar 3) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 2	<ol style="list-style-type: none"> 1) 5 × 3 reps strict chin-over-bar pull-ups 2) 4 × 8 reps archer rows 3) 100 banded face pulls <ul style="list-style-type: none"> - Use a thin band
DAY 3	<ol style="list-style-type: none"> 1) 5 × 3 reps strict chin-over-bar pull-ups 2) 2 × 20 reps dumbbell bent-over rows <ul style="list-style-type: none"> - Use a pair of dumbbells with which you can perform at least 10 reps unbroken. 3) 2 × 10 reps dumbbell Y-T-A raises <ul style="list-style-type: none"> - Use light dumbbells
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) 3 sets x 2 kip swings + 1 kip <ul style="list-style-type: none"> - Increase the amplitude of the kip swing to increase the height gained on the kip. 2) 3 × 3 reps top-to-top pull-ups <ul style="list-style-type: none"> - Start at the top of the pull-up with the chin over the bar. Push away from the bar and then return to the top (pause for 1 second).
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Reach, roll, and lifts 3) Foam roll upper back 4) Lacrosse-ball shoulder mash

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Week 2

DAY 4	<ol style="list-style-type: none"> 1) 5 × 3 reps negative chest-to-bar pull-ups <ul style="list-style-type: none"> - Start with your chest at the pull-up bar and slowly lower your body on a 2-count. 2) 3 × 5 reps jumping chest-to-bar pull-ups <ul style="list-style-type: none"> - Jump only as much as needed to assist in getting your chest to the bar. 3) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 5	<ol style="list-style-type: none"> 1) 5 × 5 reps banded chest-to-bar pull-ups <ul style="list-style-type: none"> - Use a band that allows you to perform 5 unbroken and controlled reps. 2) 4 × 8 reps archer rows <ul style="list-style-type: none"> - Pull deeper on the bar (compared to Day 2) 3) 100 banded face pulls <ul style="list-style-type: none"> - Use a thin band
DAY 6	<ol style="list-style-type: none"> 1) 5 × 2 reps negative chest-to-bar pull-ups <ul style="list-style-type: none"> - Start with your chest at the pull-up bar and slowly lower your body on a 2-count. 2) 5 × 3 reps weighted chin-over-bar pull-ups <ul style="list-style-type: none"> - Use a weight that allows you to perform 3 reps unbroken 3) 2 × 20 reps dumbbell bent-over rows <ul style="list-style-type: none"> - Use a pair of dumbbells with which you can perform at least 10 reps unbroken.
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) 3 × 5 reps kip swings <ul style="list-style-type: none"> - Palms high on the bar, push and pull with the shoulders. 2) 3 sets x 2 kip swings + 1 kip <ul style="list-style-type: none"> - Small push and pull, then a bigger push and pull. 3) 3 kipping pull-ups <ul style="list-style-type: none"> - Press down hard on the bar, then pull. 4) 3 × 3 reps climbing pull-up drill <ul style="list-style-type: none"> - Perform a chest-to-bar, then sternum-to-bar, then belly-to-bar; climb as high as possible by the third rep.
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Reach, roll, and lifts 3) Foam roll upper back 4) Lacrosse-ball shoulder mash

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Week 3

DAY 7	<ol style="list-style-type: none"> 1) 3 × 5 reps jumping chest-to-bar pull-ups <ul style="list-style-type: none"> - Jump only as much as needed to assist in getting your chest to the bar. 2) 5 × 2 reps negative chest-to-bar pull-ups <ul style="list-style-type: none"> - Start with your chest at the pull-up bar and slowly lower your body on a 3-count. 3) 5 × 1 rep supinated strict chest-to-bar pull-up attempts <ul style="list-style-type: none"> - Pull your chest as close to the pull-up bar as possible. 4) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 8	<ol style="list-style-type: none"> 1) 6 × 5 reps banded chest-to-bar pull-ups <ul style="list-style-type: none"> - Use a band that allows you to perform 5 unbroken and controlled reps. 2) 4 × 6 reps archer rows <ul style="list-style-type: none"> - Pull deeper on the bar (compared to Day 5) 3) 100 banded face pulls <ul style="list-style-type: none"> - Use a thin band
DAY 9	<ol style="list-style-type: none"> 1) 5 × 2 reps negative chest-to-bar pull-ups <ul style="list-style-type: none"> - Start with your chest at the pull-up bar and slowly lower your body on a 3-count. 2) 5 × 3 reps weighted chin-over-bar pull-ups <ul style="list-style-type: none"> - Use a weight that allows you to perform 3 reps unbroken 3) 5 × 1 rep pronated strict chest-to-bar pull-up attempts <ul style="list-style-type: none"> - Pull your chest as close to the pull-up bar as possible. 4) 2 × 10 reps dumbbell Y-T-A raises <ul style="list-style-type: none"> - Use light dumbbells
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) 3 sets x 2 kip swings + 1 kip <ul style="list-style-type: none"> - Increase the amplitude of the kip swing to increase the height gained on the kip. 2) 3 × 3 reps top-to-top pull-ups <ul style="list-style-type: none"> - Start at the top of the pull-up with the chin over the bar. Push away from the bar and then return to the top (pause for 1 second).
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Week 4

DAY 10	<ol style="list-style-type: none"> 1) 10 × 2 reps negative chest-to-bar pull-ups <ul style="list-style-type: none"> - Start with your chest at the pull-up bar and slowly lower your body on a 3-count. 2) 3 × 5 reps jumping chest-to-bar pull-ups <ul style="list-style-type: none"> - Jump only as much as needed to assist in getting your chest to the bar. 3) 5 × 1 rep supinated strict chest-to-bar pull-up attempts <ul style="list-style-type: none"> - Pull your chest as close to the pull-up bar as possible. 4) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 11	<ol style="list-style-type: none"> 1) 10 × 1 reps banded chest-to-bar pull-ups <ul style="list-style-type: none"> - Use a band that allows you to perform 1 controlled rep. 2) 2 × 20 reps dumbbell bent-over rows <ul style="list-style-type: none"> - Use a pair of dumbbells with which you can perform at least 10 reps unbroken. 3) 5 × 1 rep pronated strict chest-to-bar pull-up attempts <ul style="list-style-type: none"> - Pull your chest as close to the pull-up bar as possible. 4) 100 banded face pulls <ul style="list-style-type: none"> - Use a thin band
DAY 12	<ol style="list-style-type: none"> 1) Strict chest-to-bar pull-up attempts <ul style="list-style-type: none"> - Focal points and adjustments: Widen your grip a little, pull fast! Just because it's strict doesn't mean it's slow. Extend your chest toward the bar, keep pulling, and keep your body rigid. - Consider using a mixed or supinated grip on the bar for your first chest-to-bar pull-up.
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) 3 × 5 reps kip swings <ul style="list-style-type: none"> - Palms high on the bar, push and pull with the shoulders. 2) 3 sets x 2 kip swings + 1 kip <ul style="list-style-type: none"> - Small push and pull, then a bigger push and pull. 3) 3 kipping pull-ups <ul style="list-style-type: none"> - Press down hard on the bar, then pull. 4) 3 × 3 reps climbing pull-up drill <ul style="list-style-type: none"> - Perform a chest-to-bar, then sternum-to-bar, then belly-to-bar; climb as high as possible by the third rep.
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Banded shoulder stretch 2) Reach, roll, and lifts 3) Foam roll upper back 4) Lacrosse-ball shoulder mash