

PULL-UP

Week 1

PREREQUISITE	<ul style="list-style-type: none"> - 10+ unbroken ring rows - 3-5+ banded pull-ups
DAY 1	<ol style="list-style-type: none"> 1) 3 × 10 reps ring rows <ul style="list-style-type: none"> - Feet under 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) 3 × 10 reps ring rows <ul style="list-style-type: none"> - Feet under the rings 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) 100 banded face pulls <ul style="list-style-type: none"> - Use a thin band
DAY 3	<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) 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 × 5 reps kip swings 2) 3 sets x 2 kip swings + 1 kip 3) 3 sets x 2 kip swings + 1 pull-up 4) 3 sets x 2 kip swings + 1 pull-up + 2 kip swings
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) 4 × 8 reps archer rows 2) 5 × 3 reps negative chin-over-bar pull-ups - Start with your chin over the pull-up bar and slowly lower your body on a 2-count. 3) 100 banded pull-aparts - Use a thin band
DAY 5	<ol style="list-style-type: none"> 1) 5 × 5 reps banded pull-ups - Use a band that allows you to perform 5 unbroken and controlled reps. 2) 3 × 20 reps dumbbell bent-over rows 3) 100 banded face pulls - Use a thin band
DAY 6	<ol style="list-style-type: none"> 1) 4 × 8 reps archer rows - Pull deeper on the bar (compared to Day 4) 2) 6 × 3 reps negative chin-over-bar pull-ups - Start with your chin over the pull-up bar and slowly lower your body on a 2-count. 3) 2 × 10 reps dumbbell Y-T-A raises - Use light dumbbells
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) 3 × 5 reps kip swings 2) 3 sets x 2 kip swings + 1 kip 3) 3 sets x 2 kip swings + 1 pull-up 4) 3 sets x 2 kip swings + 1 pull-up + 2 kip swings
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 chin-over-bar pull-ups <ul style="list-style-type: none"> - Jump only as much as you need to to assist in getting your chin over the bar.. 2) 5 × 3 reps negative chin-over-bar pull-ups <ul style="list-style-type: none"> - Start with your chin over the pull-up bar and slowly lower your body on a 3-count. 3) 5 × 1 rep supinated strict pull-up attempts <ul style="list-style-type: none"> - Pull your body 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 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 6) 3) 100 banded face pulls <ul style="list-style-type: none"> - Use a thin band
DAY 9	<ol style="list-style-type: none"> 1) 10 × 2 reps banded pull-ups <ul style="list-style-type: none"> - Use a band that allows you to perform 2 unbroken and controlled reps. 2) 5 × 2 reps negative chin-over-bar pull-ups <ul style="list-style-type: none"> - Start with your chin over the pull-up bar and slowly lower your body on a 3-count. 3) 5 × 1 rep pronated strict pull-up attempts <ul style="list-style-type: none"> - Pull your body 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 × 5 reps kip swings 2) 3 sets x 2 kip swings + 1 kip 3) 3 sets x 2 kip swings + 1 pull-up 4) 3 sets x 2 kip swings + 1 pull-up + 2 kip swings
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 4

DAY 10	<ol style="list-style-type: none"> 1) 10 × 2 reps negative chin-over-bar pull-ups <ul style="list-style-type: none"> - Start with your chin over the pull-up bar and slowly lower your body on a 3-count. 2) 5 × 1 rep supinated strict pull-up attempts <ul style="list-style-type: none"> - Pull your body as close to the pull-up bar as possible. 3) 100 banded pull-aparts <ul style="list-style-type: none"> - Use a thin band
DAY 11	<ol style="list-style-type: none"> 1) 3 × 5 reps jumping chin-over-bar pull-ups <ul style="list-style-type: none"> - Jump only as much as you need to to assist in getting your chin over the bar.. 2) 10 × 1 reps banded pull-up <ul style="list-style-type: none"> - Use a band that allows you to perform 1 controlled rep. 3) 5 × 1 rep pronated strict pull-up attempts <ul style="list-style-type: none"> - Pull your body 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 pull-up attempts <ul style="list-style-type: none"> - Focal points: Pull fast! (just because it's strict, doesn't mean it's slow). Drive the elbows down toward the ground, keep pulling, and keep your body rigid.
WEEKLY TECHNIQUE DEVELOPMENT	<ol style="list-style-type: none"> 1) 3 × 5 reps kip swings 2) 3 sets x 2 kip swings + 1 kip 3) 3 sets x 2 kip swings + 1 pull-up 4) 3 sets x 2 kip swings + 1 pull-up + 2 kip swings
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