

Pull-up Progression

Level 1

- A. Bar Hang: 3 x Max hold, rest 90s. Goal is 3x30s.
- B. Strict Ring Rows w/Scap retraction: 3x 6-8reps @3011, rest 90s (use angle that makes 6-8 reps difficult)

Level 2

- A. Scap Pull-ups: Must work to 3x10reps @3sec hold each rep (@1013), rest 90s
- B. Strict Ring Rows w/scap retraction; 3 x 4-6 reps @3011, rest 90s

Level 3

- A. Negative Pull-ups: work to a smooth 30 sec negative. Do 2-3 sets of 1 in training. You only need to successfully do one 30 sec negative to advance. Rest 2-3min B/t negatives.
- B. Also, partnerassisted pullups: 2x3 @3011, Rest 2min

Level 4

- A. Weighted negative pull-ups: work to a 30 sec negative with 5lb, 10lb, then 15lb. 2-3 sets of 1 in training, rest 2-3min. 1 negative for 30s to advance.
- B. Partner asisted pullups: 2x5@3011, rest 2min
- C. Practice kip swing

Level 5

- A. Deadhang pullups: work singles, increase volume until ~10reps can be done in a workout (not a set). On last rep, do a negative as slow as possible
- B. After unassisted, move to assisted: 2x6 @3011, rest 2min
- C. Practice Kip

Level 6

- A. Deadhang pullups: work up to 3x3reps rest, rest 3 min b/t sets. On last rep of last set do negative as slow as possible
- B. After unassisted, then assisted pull-ups: 2x8 @3011, rest 2 min
- C. Practice kip swings

Level 7

- A. Weighted pullups: work up to 15lb x 1 rep. Do 3x 1-reps @30X1, rest 3mins
- B. Practice kip swings

Level 8

- A. Begin kipping pullups: kip swing, then do 3-5 sets kipping pull-ups with good technique, rest as needed

Level 9

- Chest to bar kipping pull-ups: 3-5 sets with good techniques, rest as needed

Level 10

- Chest to bar deadhang chin-ups: do 3 x AMRAP-1 @30X1, rest 3min, reverse grip, pin bar to chest 1 sec.