

CROSSFIT
108

PULL UP

HANDBOOK



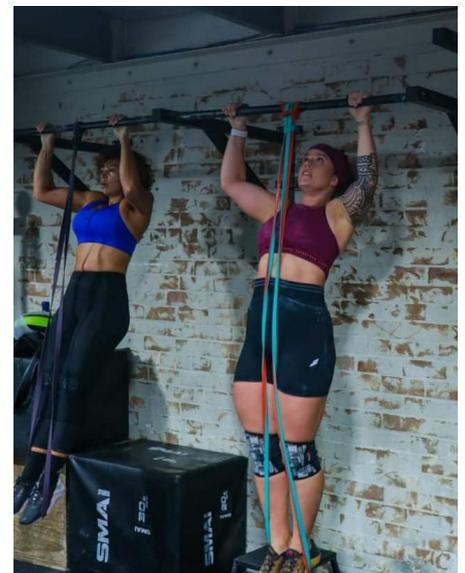
PULL-UP PROGRAM

Pull-ups.

Pull ups are a fundamental element of CrossFit. By mastering the strict pull up, you are able to set yourself a strong baseline to build on other gymnastics movements such as kipping pull-ups, chest to bar and muscle up movements.

Pull-ups are a functional body weight exercise that are great for building upper-body strength. They are commonly known as one of those hard-to-master exercises that can be tricky for beginners to perform.

Despite common misconceptions, it's possible for anyone – even those without strong arm and back muscles – to master a pull-up. You just need to know where and how to start, put in the time and effort, and learn the correct form.



BENEFITS OF PULL-UPS

- Strengthen the back muscles.
- Strengthen the arm and shoulder muscles.
- Improve grip strength.
- Improve overall body strength and fitness level.
- Improve physical health.
- Improve mental health.

PULL-UP PROGRAM

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	<p>Skill 3 times max effort Pull -ups Use band if required*</p> <p>Accessories 3 x 12 Bent over row</p>	<p>Skill 3 times max effort top of pull hold. Use band or box as required*</p> <p>Accessories 3 x 12 Band face pull</p>	<p>Skill 3 times max effort Pull -ups Use band if required</p> <p>Accessories 3 x 12 Scap push up</p>	<p>Skill 3 x 6 no band negatives. Chin over bar and slow descent.</p> <p>Accessories 3 x 30sec Active to passive hang</p>	<p>Skill 3 times max effort Pull -ups Use band if required</p> <p>Accessories 3 x 12 Laying lat pull down</p>
WEEK 2	<p>Skill 3 times max effort Pull -ups Use band if required* 1-3 more reps than previous week</p> <p>Accessories 3 x 12 Bent over row</p>	<p>Skill 3 times max effort top of pull hold. Use band or box as required*</p> <p>Accessories 3 x 12 Band face pull</p>	<p>Skill 3 times max effort Pull -ups Use band if required Aim for same number as day 1</p> <p>Accessories 3 x 12 Scap push up</p>	<p>Skill 3 x 6 no band negatives. Chin over bar and slow descent.</p> <p>Accessories 3 x 40sec Active to passive hang</p>	<p>Skill 3 times max effort Pull -ups Use band if required. Aim for same number as day 1.</p> <p>Accessories 3 x 12 Laying lat pull down</p>
WEEK 3	<p>Skill 3 times max effort Pull -ups Use band if required* 1-3 more reps than previous week</p> <p>Accessories 3 x 12 Bent over row</p>	<p>Skill 3 times max effort top of pull hold. Use band or box as required*</p> <p>Accessories 3 x 12 Band face pull</p>	<p>Skill 3 times max effort Pull -ups Use band if required Aim for same number as day 1</p> <p>Accessories 3 x 12 Scap push up</p>	<p>Skill 3 x 6 no band negatives. Chin over bar and slow descent.</p> <p>Accessories 3 x 45sec Active to passive hang</p>	<p>Skill 3 times max effort Pull -ups Use band if required. Aim for same number as day 1.</p> <p>Accessories 3 x 12 Laying ;at pull down</p>
WEEK 4	<p>Skill 3 times max effort Pull -ups Use band if required* 1-3 more reps than previous week</p> <p>Accessories 3 x 12 Bent over row</p>	<p>Skill 3 times max effort top of pull hold. Use band or box as required*</p> <p>Accessories 3 x 12 Band face pull</p>	<p>Skill 3 times max effort Pull -ups Use band if required Aim for same number as day 1</p> <p>Accessories 3 x 12 Scap push up</p>	<p>Skill 3 x 6 no band negatives. Chin over bar and slow descent.</p> <p>Accessories 3 x 45sec Active to passive hang</p>	<p>Skill 3 times max effort Pull -ups Use band if required. Aim for same number as day 1.</p> <p>Accessories 3 x 12 Laying ;at pull down</p>

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Pull-ups.

Start by standing directly below a pull-up bar. Place your hands in an overhand grip (palms facing away from your body) with your hands slightly further than shoulder-width apart. If you can't reach the bar from standing on the floor, you can place a box beneath you and stand on that instead. Once your hands are holding onto the bar, you're in your starting position. Lift your feet up from the floor or box so that you're hanging from the bar, and engage your core by pulling your belly button in toward your spine. Pull your shoulders back and down. Engaging the muscles in your arms and back, bend your elbows and raise your upper body up toward the bar until your chin is over the bar. You can imagine bringing your elbows toward your hips if that makes the movement easier. As you move, avoid swinging your legs around or shrugging your shoulders up. You want to make sure your shoulder blades remain back and down throughout the exercise. Movement should remain controlled on the way down, and full lockout of arms in the bottom position.

PULL-UP PROGRAM



Bent Over Row

Hold a barbell with an overhand grip, hands slightly wider than shoulder width apart. With your legs slightly bent, keep your back perfectly straight and bend your upper body until it's almost perpendicular to the floor. From here row the weight upwards into the lower part of your chest. Pause. And return under control to the start position.



Banded Face Pulls.

Start position is standing, holding the band in each hand with palms facing each other and thumbs pointed toward your face. Begin pulling the rope with elbows leading the hands as you pull backward and squeezing the shoulder blades as you get the end of the movement. Return to the starting position and repeat.



Top pull-up position.

Chin should be over the bar. Shoulders back and down, with Lats engaged.



Scap straight arm push ups

Start facing the floor in a straight-arm plank position with your body elevated between your hands and toes. Line up your hands directly under your shoulders, just wider than your rib cage. With a stiff core, squeezed glutes, and stiff elbows, lower your body down by squeezing your shoulder blades (scapula) together. Don't let your low back sag. Then, still without bending at the elbows, push the floor away from you and allow your scapula to glide away from one another. If you're unable to complete the movement comfortably in a full pushup position, scale the movement by elevating your hands onto a step, box, or railing.



Laying Lat pull downs

• Grasp the band with a wide grip with an overhand, knuckles-up grip. Pull the band down until it's approximately level with the chin. Exhale on the pull motion. Aim to keep your upper torso stationary. Keep your abs engaged as you pull. The bottom of the motion should be where your elbows can't move downward any more without moving backward. Be sure to stop at that point and do not go lower. Ensure you continue to squeeze shoulder blades together.



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