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How to get your 1st Pull-Up...

A Step by Step Guide to Strict Pull-Ups

WHAT?

A strict pull-up or even strict pull-ups... This one movement is the key to success in any training program. There are few movements in physical training that can boast to have such a dramatic affect on your athleticism, physique and psyche! Yet most people struggle with the strict pull-up or worse they ignore them all together. But why?

We get it a pull-up can be hard, especially that first one. They can be intimidating, especially when the guy or girl next to you is doing dozens at a time. But those are simply excuses and/or fear. Anyone can build the strength to do a pull-up, and in our opinion everyone should be able to do a pull-up! So that's what we will teach you with this book.

WHY?

The main reason should be, so you can! But from a training standpoint, the benefits of a pull-up are endless. With strong strict pull-ups comes strong push, pull strength. Meaning exercises such as push-ups, bench press, shoulder press all get stronger. With strong strict pull-ups we increase the strength of our shoulder girdle, meaning more weight on our backs when we squat! Strong strict-pull-ups mean the

ability to properly engage our core and back, meaning strong midlines! The benefits are abundant, so let's get started!

How?

The training protocol throughout this book should be completed a minimum of 3 days per week. When first beginning do not go crazy and try it every single day, you will fatigue and hurt the benefit of the protocol. Also, do not skip out on parts of the protocol... We get it, it's not all glamorous and cool doing exercises to build-up the strength, but you have to walk before you crawl and crawl before you run (cliche we know).

Most progressions of this protocol will take 15-20 minutes to complete, but it can take longer dependent upon your ability. Don't get discouraged, work the protocol and you will see results.

As you move from phase to phase, keep strict to it, there is no magic secret, just hard work. Some people will see results faster than others, but if you put in the time and hard work, everyone will get strict pull-ups...

See you in the gym!

Quick Notes

What do you mean Tempo?

For many of the progressions we are going to provide you a Tempo for completing the exercise. This is to ensure that you are doing the movement properly and safely. It also makes you practice 'strict' movements, there will be no kipping in this book! A Tempo may look like this '3010'.

- The first number represents the eccentric or negative (lowering of a weight or your body)
- The second number represents the hold (pausing at bottom or middle of a repetition)
- The third number represents the concentric movement (raising of a weight or your body)
- The fourth number is the rest or time you hold at the end range of each repetition

What does RX Mean?

At times we will be recommending weights, such as dumbbells. RX is what we would like you to be able to complete before moving on to the next phase. We do understand that Athlete to Athlete you may not be able to start with RX weights. So please start lighter and build up your strength accordingly. RX will be written as such **RX 10/8**. This means the RX weight for men will be 10 pounds, 8 pounds for women.

How many reps and set do I perform?

When we are recommending reps and set they will be written sets then reps. So 1x8 means one set of 8 reps.

Injuries and/or Mobility Issues

We recommend before trying any physical training protocol that you check with your doctor that you are prepared and able to participate. This guide does not take into consideration shoulder or joint issues an athlete may have previously incurred. We are not physical therapists or doctors!

Phase 1

A. DB Powell Raise: 1x8@3010 per arm, RX 10#/8# Dumbbell, Rest 45s between arms

B. Bar Hang: 3 x max hold, Rest 90s between sets

Requirement: Able to complete 3 x 30s Holds on bar

Phase 2

A. DB Row: 5x8@31X2 Unbroken, RX 35#/25#, Rest 45s between arms

Phase 3

A. Scapular Pull-Ups: 3x10@1013 Unbroken, Rest 90s between sets

B. Strict Ring Rows (Retract Scaps): 3x6@3111, Rest 90s between sets

Note: If you can do more than 6 go for it! But make sure that form is always perfect.

Phase 4

A. Bar Holds (Hold at top of Pull-Up): 3 x max hold, Rest 90s between sets

B. Reverse Grip Chest to Bar Row: 4x5@32X2, Rest 90s between sets

Note: Increase level of difficulty on Chest to Bar Rows as your strength increases.

Requirement: Able to complete 3 x 10s Holds at top of pull-up

Phase 5

A. Negative Chin-Ups: Complete 3 sets, Rest 2-3 minutes between sets

B. Assisted Chin-Ups (Partner or Band): 2x3@3111, Rest 2 minutes between sets

Requirement: Able to complete a 30s Negative

Phase 6

A. Weighted Negative Chin-Ups: 3 sets, Rest 2-3 minutes between sets

B. Assisted Chin-Ups (Partner or Band): 2x5@3111, Rest 2 minutes between sets

Note: We should be getting pretty close at this point! Have you tried to do a Chin-Up?

Requirement: Able to complete 2-3 sets of 20s Negative with 15% of bodyweight added

Phase 7

A. **Deadhang Chin-Ups:** 1x (*As you are able to complete Chin-Ups, begin increasing your volume with a chin-up ladder. Perform 1 rep, rest. Now perform 2 reps, rest. Now perform 3 reps...and so on. Try and work up to 10 reps.*)

B. Assisted Pull-Ups: 2x6@3111, Rest 2 Minutes

Requirement: When you can complete 3 Unbroken Chin-Ups and 20 Chin-Ups in 10 Minutes, Repeat Phase 7 with Pull-Ups. When you can perform 3-5 Pull-Ups, you can begin practicing Kipping Pull-Ups.

Remember, stick to the protocol and you will see the results! For questions or if you get stuck and don't know what is going on, e-mail us at info@crossfit650.com.