

FIREFIT PULL UP PROGRESSION PROGRAM - LEVEL 1 - KIPPING

IT'S TIME TO GET THAT FIRST PULL UP!!

This pull up accessory program has been put together as something SIMPLE you can add in 3 times per week to help you get that first kipping pull up! The volume of work is low, but will help you build the strength and timing necessary to get there. Simply pick 3 days that are **not** back to back (like M, W, F **or** T, Th, S) and add ONE session in each of those days per week.

The idea is to work this in for 6 weeks, but you can keep it going as long as you need until you build up to strong kipping pull ups. **Consistency is more important than volume** - so make sure you are consistently adding these into your normal training!

Getting those first kipping pull ups is a combination of BOTH strength and skill. Oftentimes, someone is strong enough - but their timing is off! Other times - the timing is great, but you just need a little more upper body strength. This program will help you develop both!

SESSION 1

- 5 sets of 3-5 REPS BANDED STRICT PULL UPS
- TABATA HOLLOW /ARCH HOLDS

BANDED STRICT PULL UPS:

Use a band that will allow you to get sets of 3 reps, but no more than 5- 6 reps per set. If it makes it TOO easy, we miss the point. Make sure you start from a complete hang position in the bottom and get your chin all of the way over the top.

If you are doing this at home and don't have bands you can also do a jump and slow lower for this part.

TABATA HOLLOW / ARCH HOLDS

Tabata means you will work for 20 seconds and then rest for 10 seconds. This is 1 round. For this Tabata you will alternate back and forth between a hollow position and an arch position. These are the positions we need when we are hanging on the bar to create the proper kip swing. **You will do a total of 4 minutes or 4 rounds of each movement.**

For the **HOLLOW** position:

Lie on your back with your hands over your head and legs straight. You will think of lifting your shoulders off of the ground, and the feet also. To do this you will pull your belly in and press your lower back into the ground. The goal is to get your **WHOLE** lower back in contact with the ground while the shoulders and arms, as well as the legs and feet are lifted. Point your toes and think of making a banana shape. Hold this position for 20 seconds.

Rest for 10 seconds and then...

For the **ARCH** position:

Roll onto your belly, hands still over your head and legs straight. This time you will lift your arms and chest, and feet and legs by arching the back and squeezing the butt. Don't crank your neck back. Keep your head in a neutral position. Hold this position for 20 seconds.

Rest for 10 seconds and then go back to hollow.

Repeat for a total of 4 rounds.

Next time you jump on the pull up bar for your kip swings, re-create those positions when you press against the bar (HOLLOW) and pull through the bar (ARCH).

SESSION 2

- **5 SETS OF 10 REPS SUPINE RING / OR BAR ROWS**
- **5 SETS OF 10 STRAIGHT ARM BANDED PULL DOWNS**

SUPINE ROWS

You may use rings or a bar in a rack. Anything low that you can grab on to. The more parallel your body is to the ground the harder these become and we want you to make these sets of 10 pretty difficult. Make sure that you start with completely straight arms and pull your body all of the way to the rings or bar at the top with the elbows back. Pull to your collar bone or chest.

STRAIGHT ARM BANDED PULL DOWN (OR PULL OVER SUBSTITUTE)

For this you can use a resistance band attached to the pull up bar, or stretchy bands in a doorway. You want to step back and hinge at the hips slightly if you need to with both hands inside of the band. Make sure you are in a position that when you put the hands over head that there is a little resistance. Now, you will press DOWN on the band (pulling with the lats) to bring the band to your hips with the arms still straight.

Use a band that is doable but that 10 is tough to get through. If the band is TOO thick you won't be able to pull down all of the way.

If you are at home and don't have bands: you can also do a weighted pull over lying on a bench. You will hold a plate, dumbbell, or even a medicine ball behind the head lying flat on a box or bench. Keeping the arms straight, bring the weight over the top of the chest and then back over.

SESSION 3

- **5 SETS OF 10 REPS KIPPING SWING**
- **5 SETS OF 3-5 REPS OF JUMP AND SLOW LOWER**

KIP SWING:

- 1) To perform the kip swing you will hang from the bar. Hands should be a little wider than shoulder width apart. You will mimic the hollow and arch positions on the bar. To do this you will press against the bar with straight arms. As you do this, your head and shoulders will go back behind the bar. Hollow (tighten) the belly and bring the toes in front.

2) Then you will pull yourself **THROUGH** the bar into the arch position. Here you will pull the head and chest through so that they are in front of the hands and bar. At the same time arch the back, squeeze the butt, and bring the toes behind you.

- There should be no pause in the front or back
- Make sure the movement is fluid
- Push - Pull - Push - Pull from the shoulder

JUMP AND SLOW LOWER

For the jump and slow lower we are looking for you to use your legs to assist in getting your chin over the bar. Hands should be a little wider than shoulder width apart or where comfortable, palms forward. Once you jump up- lower yourself as **SLOWLY** as you can until you are at a full hang position in the bottom. Then without letting go of the bar - jump yourself back up and repeat for 3 - 5 reps.

REMEMBER - In order to get your chin over the bar for a kipping pull up, you will need both the technique and strength. Be patient with the process and work on building both through these drills shown in the 3 sessions. On the days you feel ready to attempt to try one - go for it. Use these tips to give you the best chance for success.