

FIREFIT PULL UP PROGRESSION - LEVEL 3 IMPROVING STRICT AND KIPPING

YOU WANT STRONGER PULL UPS?

This pull up accessory program has been put together as something SIMPLE you can add in 3 times per week to help you get stronger in your pull ups. **You should choose this level if you already can perform kipping and strict pull ups (at least 2 - 3 reps)**. The volume of work is low, but will help you build the strength and stamina to improve your pull ups. Simply pick 3 days that are not back to back (like M, W, F or T, Th, S) and add ONE session on each of those days every week.

The idea is to work this in for 6 weeks, but you can keep it going as long as you would like. **Consistency is more important than volume** - so make sure you are consistently adding these into your normal training.

SESSION 1

- **10 SETS OF 2 - 5 REPS OF STRICT PULL UPS**
- **5 SETS OF MAX TIME CHIN OVER BAR HOLDS**

SETS OF 2 - 5 REPS OF STRICT PULL UPS

This is pretty self explanatory. What we are looking for here are unbroken sets. You don't have to do the same number for all 10 sets. If you start with 4 reps and by the end can only do 2 reps - that is fine. At first, you will rest as needed between sets (1 - 2 minutes). (COMPLETE 10 SETS TOTAL)

As you get stronger you can do this as an EMOM (Every Minute on the Minute) of 3 - 5 reps of pull ups for 10- minutes.

Make sure each pull up starts in the bottom of the hang position and that you get the chin completely over each time. We are looking for palms forward strict pull ups. Hands should be just outside of shoulder width, or where most

comfortable for your shoulders. Keep the body in a rigid position as you pull. Pull your elbows down and into your body.

MAX CHIN OVER BAR HOLDS

For this you can pull or jump yourself up to get your chin over the bar. Hold that position for as long as possible. Keep the body rigid. Rest 2 minutes between attempts. (COMPLETE 5 SETS TOTAL)

SESSION 2

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

SUPINE ROWS

You may use rings, a bar in a rack, or resistance bands. 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/ bar/ bands at the top with the elbows back.

STRAIGHT ARM BANDED PULL DOWN (OR PULL OVER SUBSTITUTE)

For this you can use a resistance band attached to the pull up bar, or in a doorway. You want to step back and hinge at the hips slightly if you need to with both hands inside the band. Make sure you are in a position that when you put the hands over the 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 reps 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 don't have bands: you can do a weighted pull over lying on a bench. You will hold a plate, dumbbell or even 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 behind your head.

SESSION 3

- **4 SETS OF 3 REPS STRICT PULL UPS**
- **BETWEEN EACH SET DO A SET OF KIPPING 10-15 OR 20 REPS PULL UPS**

This session is more like a mini workout. You will do **3 reps of strict pull ups**. These can be in a set of 3 or in 2-1 or even 1-1-1. Once you complete those 3 strict you will go immediately into **10 reps of kipping pull ups**. After you complete your kipping pull ups you will rest 2 minutes and then repeat the whole thing. **Do 4 total sets.**

If you are really pretty strong at pull ups already - OR if you start to need a bigger challenge as you go through the 6 weeks of this you may choose to scale this up. You can go up to 15 kipping pull ups between sets, OR you may go up to 5 strict pull ups right into 20 kipping without even coming off of the bar.

Please listen to your body and how you are feeling. Good Luck!