

FIREFIT PULL UP PROGRESSION - LEVEL 2

TIME TO GET THAT FIRST STRICT 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 STRICT pull up. To do this version you may or may not already have your kipping pull up dialed in. (You do not have to know how to do kipping pull ups to do this level). The volume of work is low, but will help you build strength 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 your strict pull ups. **Consistency is more important than volume** - so make sure you are consistently adding these into your normal training.

SESSION 1

- **10 SETS OF 3-5 REPS BANDED STRICT PULL UPS**
- **TABATA BAND AT CHEST HOLD - or SUPINE RINGS TO CHEST / BAR TO CHEST HOLD**

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 at the top.

If you don't have access to resistance bands you can also do a jump and slow lower for this part.

TABATA BAND AT CHEST HOLD - OR SUPINE RINGS TO CHEST / OR BAR TO CHEST HOLD

Tabata means you will work for 20 seconds and rest for 10 seconds. For this Tabata you will do a total of 8 rounds - or 4 minutes. If you are unable to hold the whole 20 seconds each time, that is ok. Work up to it as you progress through the program.

For this, the idea is to be “supine” which means your body is parallel to the ground. BUT, if you are unable to pull your body all of the way up to the rings or bar in this position you may scale to feet on the ground at an angle that will work for you.

When you pull yourself to the bar/ rings hands should be a little wider than shoulder width apart (on rings they will be closer and tight to the body). Pull the elbows back and down. Keep your body rigid. HOLD AT THE TOP FOR 20 SECONDS. REST AT THE BOTTOM FOR 10 SECONDS. THAT IS 1 ROUND. DO 8 ROUNDS OF THIS.

SESSION 2

- **5 SETS OF 10 REPS RING / BAR ROWS (SUPINE)**
- **5 SETS OF 10 REPS STRAIGHT ARM BAND PULL DOWN/ OR WEIGHTED PULL OVER**

SUPINE ROWS

You may use rings, a bar in a rack, or anything low to the ground that you can hold onto. The more parallel your body is to the ground the harder these become and we want you to make these sets of 10 reps pretty difficult. Make sure that you start with completely straight arms and pull your body all the way to the rings/ or bar at the top with the elbows back.

STRAIGHT ARM BANDED PULL DOWNS (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 (pulling with the lats) to bring the band to your hips with arms 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 the way.

If you are doing this at home off duty, **and you don't have bands:** you can 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 your head.

SESSION 3

- **5 SETS OF 10 SECOND CHIN OVER BAR HOLDS**
- **5 SETS OF 3-5 REPS OF JUMP AND SLOW LOWER**

CHIN OVER BAR HOLDS

This one is pretty self explanatory. If you can't hold the entire 10 seconds at first - that is ok. Work up to it. **The main focus here is to make sure your chin is ALL of the way over the bar in the hold.** It's usually the last inch or so that people struggle with when trying to get their strict pull up. To get yourself up you will jump or do whatever you need to get your chin over.

Hands should be just outside the shoulders, or where comfortable, and palms facing forward. Pull the elbows down and into your body. Keep your lower body rigid as you hold. **TRY TO HOLD FOR 10 SECONDS.**

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, and palms facing 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.