

# Achieve Your First Pull Up Program

This program is designed to be done along with our regular CrossFit classes. The workouts should take no longer than 15 minutes and can be done following your desired class. This program is designed for someone who does not yet have their first strict dead hang pull up or someone who maybe only have 1 to 3 pull-ups. The program is broken down into three 4 week cycles. If you are just starting out and maybe have a hard time hanging on the pull up bar, you may want to repeat the first 4 week cycle a few times. If you are a little more advanced, you can work your way through the program as written.

## Make sure you test where you're are with your first pull-up

1) Attempt a strict pull up– video and note how close you are

2) Chin over Bar Max Hold non assisted (timed)

\*\*chin must be OVER bar the entire time

## First 4 week cycle

### Day 1

- Active Hang- 3 sets or rounds of 15 sec hold, rest 30 sec between sets
- Supinated Grip Chin over bar hold- 3 sets x 10 sec, rest 30 sec btw sets.
- Thumbs up fly slow and controlled, 3 sets x 10 reps, rest 30 sec btw sets.
- Standing Dumbbell bicep curl, 3 sets x 10 reps, rest 30 sec btw sets.

### Day 2

- Hinge ring row slow and controlled, 3 sets x 6-8 reps, rest 30 sec btw sets.
- 90 degree hold (use band for assistance), 3 sets x 10 sec, rest 30 sec btw sets.
- Heavy single arm farmers carry, 3 sets x 50ft ea arm, rest 30 sec btw sets.

### Day 3

- Active Hang– 3 sets x 15 sec, rest 30 sec btw sets.
- Supinated Grip Chin Over Bar Hold – 3 sets x 10 sec, rest 30 sec btw sets.
- Inverted Bar Row – accumulate 60 sec chest held to bar

*(week 2 you will go to 3 sets x 3 reps with a 10 sec hold on last rep of set)*

*(week 3 will be 4 sets x 5 reps with a 10 sec hold on last rep of set)*

*(week 4 will be 4 sets x 8-10 reps with a 10 sec hold on last rep of set)*

You will cycle through these days each week giving yourself at least a day of rest between work days. Each week, for 4 weeks, you will add a set to each exercise (i.e.-active hang will go to 4 sets x 15 sec on week 2 and 5 sets x 15 sec on week 3).

**2019 is the year for you to get your first strict pull up, LETS GO!**

-Programmed by *CrossFit HellBox-*

Coach Elliott taking you through your first 4 week cycle [https://youtu.be/VWrF\\_Az6ySs](https://youtu.be/VWrF_Az6ySs)