

First Pull up Program

(2nd cycle)

Day 1

- Eccentric Only Pull Up 3 x 3 reps, rest <60 sec **10 sec lowering (The reps go up by 1 each week but stay at 3 sets)
- 3-part Pause Negative Pull Up, 3 x 3 reps, rest <60 sec ***3 sec pause at chin above bar, 90 degrees, active hang positions (the reps go up by 1 each week but stay at 3 sets)

Day 2

- Single Arm DB Bent Over Row slow tempo 3 x 8-10 reps, rest <60 sec (add weight each week and go down to 3 x 6-8 when it's heavier)
- Lying DB Row Hold, 3x10 sec hold at top, rest 30sec (at week 3 and 4 go to ring row holds 3 x 15 sec at top)
- Pronated Barbell Curl slow tempo, 3 x 10 reps, rest 30 sec
- Scap Push Ups on Elbows, 3 x 10 reps, rest 30 sec

Day 3

- Weighted Eccentric Only Pull Up slow tempo, 3 x 3 reps, rest <60 sec **add weight or lessen assistance so that you can only control 5 sec down
- Ring Rows slow tempo, 3 x 8-10 reps, rest 45 sec **elevated feet if possible (go up to 3 x 12 reps as you can elevate feet to make it harder)

You will cycle through these days each week giving yourself at least one day of rest between work days but no more than 2 days of rest. Each week, for 4 weeks, you will add a set to each exercise unless otherwise specified next to the exercise. If you are having trouble adding weight or sets or time on the holds, than stay at that cycle for another week or two until you can do the exercise.

-Programmed by CrossFit HellBox-