

Pull Up Work

Seated Pull Up

L sit on the floor and pull yourself up to the bar

Chin Over the Bar Hold

Hold for as long as possible. This hold helps to develop static strength.

Negatives

Jump above the bar and lower down at a pace of 3-5 secs. Ensure that you hold the hollow position the whole way down – do not lose tension.

Segmented Negatives

Start with your chin over the bar and hold that position for a few seconds at different points in the descent, lowering every few inches.

This will point out where your weaknesses are and will allow you to hone in on accessory work to strengthen those areas:

- If you struggle at the very top, then work on chin over the bar holds
- Struggling to pull out of the bottom? Try engaged holds in that position

PVC Pull Downs

Sit on the ground in an L-sit and using a band and a PVC pipe, pull the pipe down towards your hips.

Banded Pull Ups

Using the lightest band possible, intention is to work your way from an easy back to harder instead of staying with the same tension all of the time.

TIPS:

1. Grip Width

For a strong pull, set your grip just slightly outside of your shoulders.

2. Body Position:

As stressed prior, hollow body is key when initiating your pull. One common error is to start the pull is basically the inverse of a hollow body - or "the scorpion".



Find Your Weakness:

Can't get out of the bottom – weak traps, lats

Can get out of bottom but can't finish – weak biceps

Can't get chin to bar – scaps are weak

ACCESSORY WORK:

Scap Pull Ups

Learn to activate the lats and help you finish at the top of the pull up.

Lat Pull Downs

Sit yourself down in a “L” position. Using a band at the top of the rack, place a PVC pipe through the loop of the band. With shoulders overhead, bring the pvc pipe straight down to your hips.

Jumping Pull Ups

This should primarily be about pulling. In order to avoid this mistake, make sure you begin each rep directly under the bar before jumping. The action should mimic a pull-up, in that arms should be fully extended at the bottom of each rep and your body is underneath the bar at this point. Then, actively pull with a little help from your legs until your chin is over the bar.

Ring Rows

Play with the positioning of your feet in relation to the rings. The further your feet are out in front of you, the harder the movement will be.

Bicep Curls

Use a weight that is challenging to help develop the muscles needed to finish off the pull up.

Dumbbell Rows and Flys

Work strength in the lower traps and upper back.

PRACTICE WORKOUT – try 3 days a week

Day 1

3 rds:

6 x PVC Lat Pull Downs

6 x Banded Face Pull

6 Bicep Curls

6 Dumbbell Rows

6 Dumbbell Flys

Day 2

3 rds:

6 Single Arm Lat Stretch (3 sec hold and full exhale every rep.)

6 Weighted Hollow Shots (3 sec hold)

6 Powell Raise

10 sec active hold

10 sec chin over the bar

Day 3

3 rds:

2 x 40 m (switch arms) Single Arm KB OH Walk

6 Ring Rows

6 Jumping Pull Ups

6 Scap Pull Ups

Banded PU working your way down to lighter band

KIPPING PULL UPS

Can you do 5 strict? If not, continue to work on your strict to save yourself from getting injured, plus you wouldn't run before you'd walk so take the time to get your basics down. You'll thank yourself later on!

HOW TO KIP

Dial in your positioning. Kipping involves core, hips and shoulders – NOT YOUR LEGS. You should not be doing a big leg swing – stay strong in your hollow.

Work on:

- **Kip Swings** – solid hollow and arch positions.
- **Kip Elevates** – same thing we did in T2B – just work on the kip up from the shoulders.

BALANCE

Do you feel like you have no control under the bar and just swing like a monkey? To avoid swaying back and forth you need to ensure to keep a solid hollow and arch.

Work on:

- **Kip Stop** Do a Kip Swing or Kip Elevate and then come to a complete stop. If you can't stop you have a balance issue.
- **Banded Pull Up** – put band across rack at chest height. This will help you find your balance – if you feel one kip the band assists a ton, the next not at all use the band to help you get the right balance.

- **2 Kip Swings, Pull Up, 2 Kip Swings** – this will help you learn to keep momentum going if you have problems stringing them together

COMMON MISTAKES

The kip involves 4 movements: Arch, Level, Pop, Pull and Push so break it down to see where your timing is off.

- **Early Arm Pull** – not using shoulders and instead starting the pull too early
- **Late Hip Pop** – kip up and frog kick at the top
- Doesn't Push Away, instead just fall straight down
- No Hip Pop

HAND HACKS

- **Grip** – don't grip too high. Are your thumbs way over the top of the bar like a false grip? Instead grip along the top of your palm. Your finger pads and top of palm should sit on bar – not the middle of your palm
- **Wrap thumb around the bar** and hook over index and middle finger (if hands are large enough). This allows you to pull into bar when you get to the hip pop
- **Shave your calluses** regularly on palms and fingers – approx. once a week when you hop out of the shower

BUTTERFLY PULL UPS

First off - forget about everything you learned in kipping!
Visualize the kipping pull up as a banana, whereas the butterfly is an oval – it's a circular motion.

4 PARTS OF THE BUTTERFLY

- Arch: loading a bow and arrow, need a really good arch position
- Scoop: scooping out energy from the arch
- Lever: use your lever, pull the bar down as you lift up
- Pull Through

1. Arch to Scoop:

From the arch, scoop your feet under like an ice cream scoop – this helps to develop momentum

Work on:

- **Scoop drill:** hang from bar in arch position and just scoop through, stay patient, allow the scoop to really dig in, get a lof of ice cream and lift your shoulders, keep legs extended

2. Scoop to Lever & Lift:

Use your lever – take your scoop using momentum to move shoulders up and **away** from bar (in a kipping PU, you're pulling towards the bar)

Work on:

- **Box butterfly:** put toes on a box and just use arms to feel what the scoop to lever feels like – remember it's an oval motion
- Keep your shoulders loose!
- Training your body to feel the lever and lift



Lever to Pull through:

At this point your chin is getting ready to come over the plain so you need to pull up and then through to pull yourself underneath the bar **not over**.

Think **“stay away”** from the pull up bar. You’re not pulling up and in but instead pull up and then under – keep shoulders and head back away from bar. This will put you in good position to pull through, not in.

Work on:

- **Butterfly Fall Through:** start with a strict pull up, but pull away and then fall through – you don’t have to get chin above bar at this point, you’re just building muscle memory
- Get shoulders up and away and get a feeling for falling away from the bar

3. Pull Through to Arch:

Make sure to re-establish the arch position as soon as you pull through. Make sure to keep active shoulders, pull yourself through and back up into arch position and then into scoop.

Work on:

- **Baby Butterfly:** Only aim for 2 -3 inches of elevation – don’t focus on getting chin above bar but make sure to re-establish the arch every time.