

**BLACK IRON CROSSFIT**

# **PULL-UPS**

*AN 8-WEEK PROGRAM*



**BICF**



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# Set a GOAL

1. Set a goal over the next 8 weeks
  - a. Remember to make your goal SMART
    - i. Specific-What exactly are you trying to accomplish?
    - ii. Measurable-How will you know if you have actually achieved your goal?
    - iii. Attainable-Is it possible to accomplish said goal?
    - iv. Realistic-Be honest with yourself and set yourself up for success.
    - v. Time Sensitive-This one is easy, you will re-test and re-assess in 8 weeks.
2. Invite a friend to do it with you, a little extra accountability never hurt anyone, and it's more fun with a buddy.
  - a. PS tell your coach what you're working on. We want to help!



# Get a Baseline

## 1. TEST

a. In order to make sure we have something measurable to look at we need to get your baseline on day one.

b. Here are some options:

i. MAX reps Strict Pull-Ups (If you only have 1-2 strict pull-ups use a band, if you have 3 or more do not use a band)

ii. MAX time Flexed Arm Hang (Chin-in grip, holding at the top with the chin over the bar)

iii. MAX Hang from the bar for time with arms fully extended (check the grip strength if the other two options are a little too tough right now)

c. Remember to re-test with the same exact movement and conditions so you have a direct comparison.



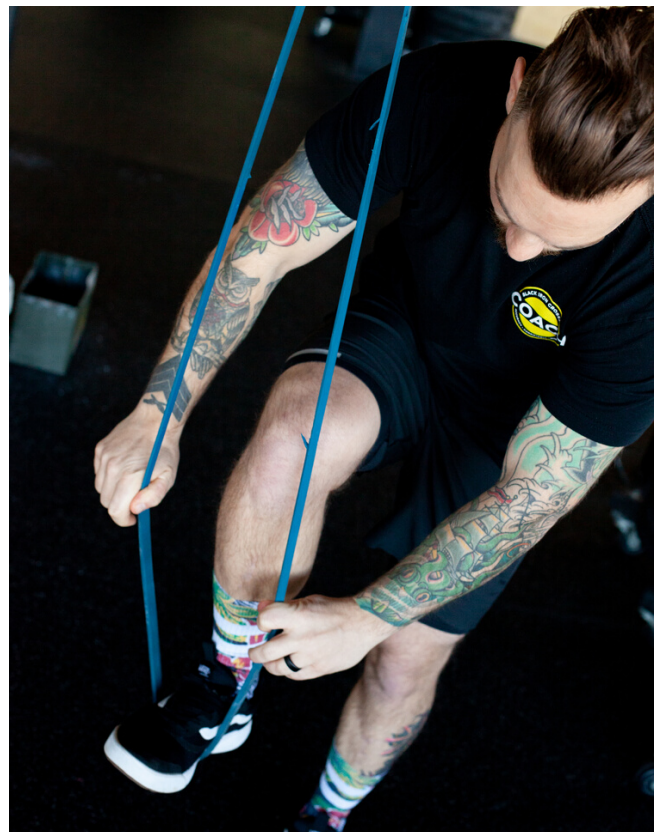
# Points of Performance

- Grip
  - When working a pull-up or overhand grip, you'll want the hands just outside the shoulders with the knuckles on top
  - When working a chin-up grip, you'll want the hands at shoulder width with
  - Closed grip on the bar, index and thumb touching around the bar



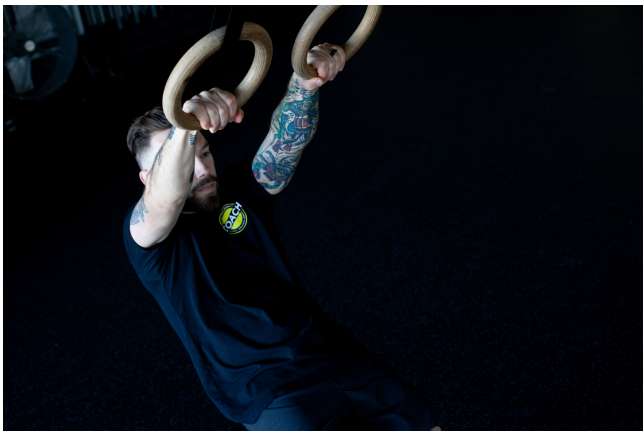
# Points of Performance

- Position
  - Grip the bar as demonstrated above
  - Find your hollow body position
    - Feet together, toes pointed
    - Pull the sternum down towards the belly button (crunch)
    - Active shoulders in your hang, push lightly on the bar to activate the lats before the pull
  - Add a band but keep the position
    - Try keeping the band off of your belly. This will keep you accountable to holding your hollow body as you pull. If the belly touches the band you know you arched and over-extended in your pull.



# Ring Rows

- This is a great movement to help you build not only the strength required for your pull-ups but also proper positioning
- Start with the bottom of the rings hanging at the crease of the hip
- Use the distance from your finger tips to your elbow to space the rings measured in the middle of both rings
- The closer your feet are towards the bar the harder the reps will be. Walk the feet back to make the reps easier
- Make the reps as hard as possible while still maintaining good form throughout the pull
- Working on the rings will allow you to potentially work a higher number of reps which allow you to increase your muscular endurance and strength
- Work sets of 5-7 reps and make them slow and difficult and increase to sets of 10-15 and make these a little easier but faster
- Add a tempo to your pulls to make things harder. For example, count to 5 seconds on the way up and on the way down



# Ring Rows (DEMO)





# Weeks 1 & 2

## CHIN OVER THE BAR STATIC HANG

- 5 Sets holding as long as possible, MAX 60 seconds
- Add a band if you can't make it more than 20 seconds
- This can be done over or underhanded (alternate every other day)
- Resting 1-2 minutes between sets
- This can be done DAILY but take a day off as needed
- CHALLENGE: Add a weighted vest or belt if you do not feel challenged here



# Weeks 3 & 4

## NEGATIVES

- 5 sets of 5 reps
- Get your chin over the bar (jumping or using a box) and control the descent as slow as possible down to full extension, the slower the better
- Add a band as needed if you don't feel like you have great control
- This can be done over or underhanded (alternate every other day)
- Resting 1-2 minutes between sets
- This can be done DAILY but take a day off as needed
- CHALLENGE: Add a weighted vest or belt if you do not feel challenged here



# Weeks 5 & 6

## BANDED PULLS (HEAVY FOR 5 REPS)

- 5 sets of 5 reps
- Use the lightest band possible for completion from a dead hang each rep
- This can be done over or underhanded (alternate every other day)
- This can be done DAILY but take a day off as needed
- Resting 1-2 minutes between sets
- CHALLENGE: Take the band away and add a weighted vest, or belt if you do not feel challenged here, go as heavy as you can with the same rep scheme



# Weeks 7 & 8

## BANDED PULLS (LIGHT - MAX REPS)

- 5 sets of MAX reps
- Use a band that will allow you to get between 8-12 reps each set
- This can be done over or underhanded (alternate every other day)
- This can be done DAILY but take a day off as needed
- Resting 1-2 minutes between sets
- CHALLENGE: If you can complete 12 or more reps unbroken at bodyweight then add a weighted vest or belt and aim for 8-10 reps with weight



# Re-TEST

## THINK STRONG. BE STRONG.

- Remember to re-test with the same exact movement and conditions so you have a direct comparison with your baseline.
- Pick one
  - MAX reps Strict Pull-Ups
  - MAX Flexed Arm Hang
  - MAX Hang (from the bar with arms fully extended)



# Next Steps

## RINSE... REPEAT...

- Now that you have completed your 8-week cycle you have a couple options:
  - Do it again and make it more challenging every time. This program grows with you and should never get easier since you will adjust to meet the parameters of the week.
  - EMOMs are a great tool to increase your work capacity
    - Start with 30-40% of your MAX reps and do that every minute on the minute for 10 minutes
    - Example: If your best set is 10 reps, complete 3-4 reps every minute on the minute for 10 minutes.
  - Once you get your strict pull-ups up to about 4-6 reps it's time to try the kip (as long as you do not have any major mobility concerns)
    - This will help you increase your overall work capacity but should NEVER replace your strict pull-up
    - Think of your strict pull-ups as your heavy weight low rep sets in weightlifting, and your kipping pull-ups are the light and fast reps done at a higher volume
    - They both serve a purpose in training and will help you improve your pull-up overall

# Reach out

## HOW CAN WE HELP?

Let us know how we can help and be on the look out for more content coming soon!

Here is how you can find us:



[HTTPS://WWW.FACEBOOK.COM/BLACKIRONCROSSFIT/](https://www.facebook.com/blackironcrossfit/)



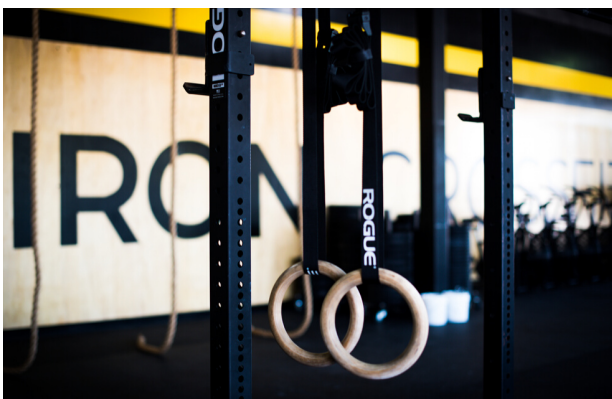
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