



Strict Pull-up Program: Advanced

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This program is designed for newer athletes who can perform strict pull-ups in sets of 5 or more, are looking to improve strict pull-up strength/stamina, or are looking to improve kipping pull-up capacity. Scaling is always encouraged and the difficulty of the program can easily be modified by the athlete or coach. This template is designed to be printed so you can keep track of your progress by writing notes, reps, measurements, times, weights, etc.. Good luck!

Week 1					Week 2				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday (Test Day)	Pull-ups	3 max effort sets, resting 2 minutes between sets	There are two scores to this test: number of reps on your first set, and the total number of reps completed. Your first set needs to be your true max set.		Monday	Pause Pull-ups	30 reps	Pause for a full second with your chin over the bar. You do not need to pause in the bottom. Do these in as few sets as possible. Feel free to mix up your grip.	
	Scap Squeezes	4x15	If you can perform these hanging from a pull-up bar, do it. Otherwise do them from a horizontal position.			Scap squeezes	4x15	See previous notes.	
Wednesday	Rope Climbs	15 ascents	The first 3 rope climbs are legless, and the remaining are regular climbs. If you are a proficient climber, do them for time. If you don't have access to a rope, perform 2x as many towel pull-ups.		Wednesday	Bent over barbell rows	5x5	Heavy, but controlled. Focus on a controlled negative and a fast, aggressive contraction.	
	3-way planks	5x60 seconds	:20 front, :20 right, :20 left without rest. Rest 1-2 minutes between sets.			Hollow Rocks	3x30 seconds	One "rep" is one back-and-forth rock. Scale to hollow rock holds if required. Rest as needed.	
Friday	Inverted Rows	3 max sets	Ideally these are done as horizontal to the ground as possible and can be done using rings or a barbell. Mix it up.		Friday	Burpee Pull-ups	40 reps for time	Make sure the bar is at least 6" above your max reach. You can use momentum from your jump to get your chest to the bar. More advanced athletes can do chest-to-bar.	
	Kip Swings	4x10	These need to be done with active shoulders and scaps. The purpose is to build some grip stamina and serve as skill work for kipping pull-ups and kipping muscle ups. Do not bend your elbows.			Kip Swings	4x10	Add a small pull/height to your swing but keep your arms straight. It should look like you're pressing down on the pull-up bar with your arms straight.	
Week 3					Week 4				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Pull-ups	4 max rep sets	Set 1: Chest to bar Set 2: Narrow overhand grip Set 3: Pronated grip Set 4: Standard grip		Monday	Pause Pull-ups	30 reps	Pause for a full second with your chin over the bar. You do not need to pause in the bottom. Do these in as few sets as possible. Feel free to mix up your grip.	
	Scap squeezes	4x20	-			Scap squeezes	4x20	-	
Wednesday	Rope Climbs	20 ascents	The first 5 rope climbs are legless and the remaining are regular climbs. Again, if you are proficient at climbing, do these for time.		Wednesday	Hollow Rocks	3x45 seconds	One "rep" is one back-and-forth rock. Scale to hollow rock holds if required. Rest as needed.	
	3-way planks	3x90 seconds	:30 front, :30 right, :30 left without rest. Rest 1-2 minutes between sets.			10 minute easy row or ski, then pick two overhead and lat stretches.	-	Light flush of the arms and back followed by mobility. Hold each stretch or mobilization for at least 2 minutes per side.	
Friday	Pull-up/Push-up	3 sets 5-4-3-2-1 Unbroken Strict Pull-ups* *5-10 push-ups after each number.	You can time this, but the goal is perfect, unbroken reps throughout. Rest as little as needed to complete unbroken.		Friday (Re-test Day)	Pull-ups	3 max effort sets, resting 2 minutes between sets	Make sure you're using the same grip as on the first test day. Beat both scores (total reps and size of your first set)	
	Kips Swings	4x10	If you were able to safely add height last week, add a small pull with the arms. Maintain a strong hollow position throughout.						

Comments

- Throughout this 4-week period it is important to mobilize the upper back, traps, lats, and scapulae in order to prevent tightness and possible injury. Use lacrosse balls, foam rollers, or a coach to help mobilize and stretch these areas. Remember the following rules for these exercises:
- Scapulae remain engaged. Whether kipping or performing pulling movements strict, failure to engage the scaps can result in instability and unnecessary pulling on the shoulder joint, potentially causing injury. Protect your shoulders - engage your scaps.
 - All pulling movements begin with the arms fully extended, with the exception of negatives where the repetition ends with the arms fully extended.
 - Maintain a sound hollow-rock position throughout these movements regardless of the scaling option you are using.