

Pull Up Progression Program

This pull up program has been put together as something simple you can add 3 times per week to help you get that first strict pull up or to add to your existing pull ups!

SESSION DURATION: 10-15 Minutes

EQUIPMENT NEEDED: Pull Up Bar. Optional: Box or chair, dumbbell(s), low bar (like bar in rack)/rings/TRX type bands **Customizations provided for all equipment needs (other than the pull up bar, of course).

HOW TO ADD IT IN: Simply pick 3 days that are not back-to-back and add ONE of the three sessions in each of those days per week. For example, Session 1 on Monday, Session 2 on Wednesday, and Session 3 on Friday. Block 1 and Block 2 are three weeks each. Block 3 is a two-week finisher. This is meant to be an eight-week program leading up to recruit school that prepares you for the required fitness assessment. Within this program you will see timed exercises and workouts.

A free optional timer utilized by the recruit school cadre is SmartWOD Timer.



Block One

Session 1:

Part 1

10 Sets of: 3-5 Banded Strict Pull Ups (1 Second Pause at the Top)

Please choose a band that challenges you for 3-5.

Part 2

4 Minute Reverse Tabata (8 rounds of :10 Work/:20 Rest) Ring/Bar to Chest Hold

**Tabata: A high intensity interval training (HIIT) workout that typically consists of 20 seconds of hard work with a 10 second rest period repeated multiple times.

Session 2:

Part 1

5 Sets: 10 Inverted Rows

Part 2

5 Sets: 10 Straight Arm Banded Pull Down or Weighted Pull Overs

Session 3:

Part 1

5 Sets: 10 Second Chin Over Bar Hold Rest 30-45 seconds between sets

Part 2

5 Sets: 3-5 Jump & Slow 5 second Lower Pull Ups Rest 1 minute between sets

Block 2

Session 1:

Part 1

5 Sets of a Scapular Pull Up + 5 Second Hold at the top + 5 Second Lower (complete stop and come off of the bar) 4 Sets of a Scapular Pull Up + 4 Second hold at the top + 4 Second Lower (complete stop and come off of the bar) 3 Sets of a Scapular Pull Up + 3 second hold at the top + 3 second lower (complete stop and come off the bar) Rest 5 seconds or so between each section. Rest 30 seconds - 1 min between sets.

**Scapular Pull Up Demo: <https://youtu.be/kCoCVLZvl8E?si=hzhLV01zp4xOtrEH>

Part 2

5 Sets: 3-5 Banded Strict Pull Up Rest 1 minute between sets

**Choose a band that challenges your 3-5 pull ups.

Session 2:

Part 1

5 Sets: 5 Leg/band assisted pull ups Rest 30s-1min between sets

**Choose a band that challenges your 5 pull ups.

Part 2

5 Sets: 10 Inverted Row (Rings/TRX/Low Bar) Rest 1 min between sets

**The more inverted the more challenging.

**Inverted Row Demo: https://youtu.be/9fltzuH9lok?si=k5UAYMCNDLI_TIs7

Session 3:

Part 1

5 Sets: 7 Jump chest to Bar Pull + 7 second hold + 2 second lower Rest 1 min between sets

Part 2

7 Sets: 1 Jump and Slow Lower + 5 Quick Jumps Rest 20-30s between sets

Block 3

Session 1:

Part 1

10 Sets of the Complex: 5 Second Bar Dead Hang Hold + 2 Scapular Pull Ups w/ 5 second hold

Rest 30 seconds between sets

Extra Challenge

Reduce rest to 15 seconds

Part 2

5 Sets of: Max Chin Over Bar Hold

Rest 1 minute between sets

Part 3

4 Sets of:

3-5 Strict Pull Ups

Rest 2 minutes between sets

