

MADE BY
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BEGINNER BAR MUSCLE-UP PROGRAM

8 WEEKS-2 DAYS

DRILLS TO TEACH
BAR MUSCLE-UP
MECHANICS



OKT2020



INTRO

BAR MUSCLE-UP PROGRAM

Welcome into this 8 week program, we hope to help you with your CrossFit journey by handing this Bar muscle-up program to you.

This program can be used as an accessory program and should always be done in consultation with your coach. If you are injured in the upperbody we don't recommend doing this program. If you are unable to perform certain exercises or you are unable to hit the rep scheme's then scale where needed.

If you are not able to hit at least 6 strict pull ups with proper mechanics then we advice to put spend some time with that exercise. We have made a program about strict pull-ups as well.



BAR MUSCLE-UP PROGRAM

8 WEEK PROGRAM 2 DAYS PER WEEK

DAY	EXERCISE	REPS/SETS
1	explosive hip bridge with lat pulldown	6 reps x 6 sets, <u>explosive</u>
2	hollow rock	12 seconds x 6 sets
3	explosive hip bridge with lat pulldown	7 reps x 6 sets
4	hollow rock	12 seconds x 7 sets
5	explosive hip bridge with lat pulldown	7 reps x 6 sets
6	arch hold	20 seconds x 5-6 sets
7	eccentric bar muscle up	1 rep x 7 sets, slow transition
8	arch hold	24 seconds x 5-6 sets

NOTE:

During the hollow rock and arch hold, make sure you focus on moving the body as one. This is what you should do when you want to end up on top of the bar. Explosive hip bride should be a hip extension immediately followed up with a lat pull down. During the eccentric bar muscle up, the goal is to get the bar just below the chin when going from the dip to the pull.

BAR MUSCLE-UP PROGRAM

8 WEEK PROGRAM 2 DAYS PER WEEK

DAY	EXERCISE	REPS/SETS
9	eccentric bar muscle up	1 rep x 8 sets, slow transition
10	Arch hold	26 seconds x 5-6 sets
11	eccentric bar muscle up	2 reps x 5-7 sets
12	Glide kip (muscle-up swing)	emom 7 min, 4 swings
13	box bar muscle up	30 reps, you decide the sets
14	Glide kip (muscle-up swing)	emom 8 min, 4 swings
15	box bar muscle up	30 reps, try to go lower
16	box bar muscle up	find lowest rep possible

NOTE:

Notice the hollow and arch shapes inside the glide kip swing. make sure that you extend aggressively from the lower body during the box bar muscle-up.