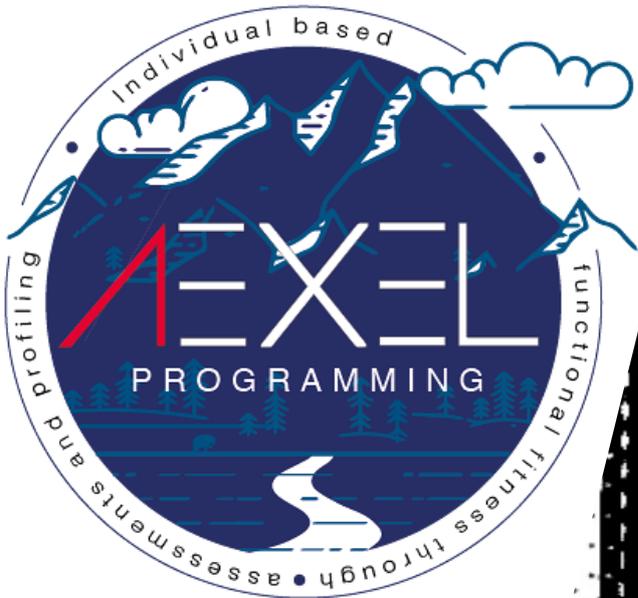


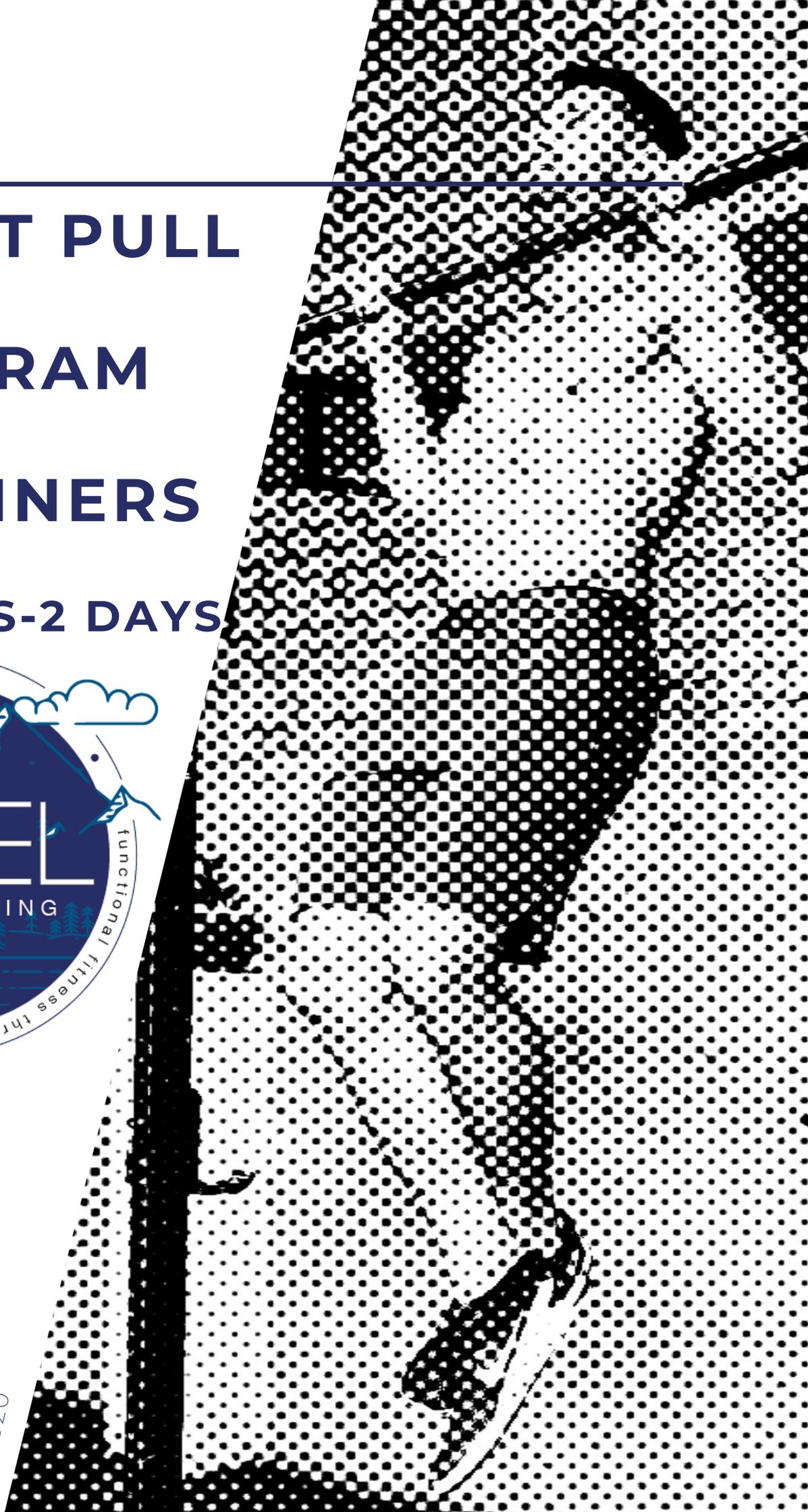
MADE BY
DAVID SCHARFF

STRICT PULL UP PROGRAM FOR BEGINNERS

8 WEEKS-2 DAYS



OKT2020



INTRO

STRICT PULL UP PROGRAM

Welcome into this 8 week program, we hope to help you with your CrossFit journey by handing this Strict pull 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.



STRICT PULL UP PROGRAM

8 WEEK PROGRAM 2 DAYS PER WEEK

DAY	EXERCISE	REPS/SETS
1	isometric chin up	10 seconds x 5 sets (chin over bar)
2	eccentric pull up	1 rep x 15 sets (slow reps)
3	isometric pull up	10 seconds x 5 sets (chin over bar)
4	eccentric pull up	2 reps x 10 sets (slow reps)
5	isometric pull up	14 seconds x 4 sets (chin over bar)
6	eccentric pull up	4 reps x 7 sets (slow reps)
7	isometric+eccentric pull up	6 sec hold+3 eccentrics x 5 sets
8	isometric+eccentric pull up	8 sec hold+4 eccentrics x 5 sets

NOTE:

isometric holds are pull up holds with the chin over the bar, the eccentric pull ups are where you slowly go down into extension and push yourself up again using a box.

STRICT PULL UP PROGRAM

8 WEEK PROGRAM 2 DAYS PER WEEK

DAY	EXERCISE	REPS/SETS
9	chin up	1 rep x 10 sets
10	ring row	10 reps x 4 sets
11	chin up	1 rep x 11 sets
12	ring row	8 reps x 4 sets
13	pull up	1 rep x 10 sets
14	inverted row	10 reps x 4 sets
15	pull up	1 rep x 11 sets
16	inverted row	8 reps x 4 sets

NOTE:

Moving from 10 sets of 4 reps to 10 sets of 8 reps, you should increase intensity via extra weight or by decreasing the body to floor angle. If you are not able to do chin ups and pull ups then stick to eccentrics while using the same rep/set ranges.

Repeat this protocol as needed.