

## Pull Up Strengthening Program

For many, pullups are a major fitness goal. The goal of this program is to inform and encourage athletes on a systematic strategy for completing a pullup. This program is intended to be completed in addition to scheduled WODs. If consistently followed (along with body mass recommendations—see below), an athlete should expect to see *progress* towards goal within about 6-8 weeks. This program is designed to strengthen weaknesses rather than strengthen ability to perform a scaled version. My philosophy is that you should be able to perform at least 3 strict pull ups prior to progressing to a kipping. The rationale: if your shoulders are not strong and stable enough for a strict pullup, you are at HIGH risk of injury performing a kipping pullup due to the forces developed with the acceleration of the swing.

### **Muscles Used:**

A pullup can be considered a full body exercise, however, there are particular muscles that can be focused on. By performing accessory work on these particular muscles, this can help gain the strength needed.

*Agonistic (Primary mover) muscles:*

- Latissimus dorsi
- Biceps
- Brachioradialis
- Brachialis
- Pectoralis major
- Middle/Lower trapezius
- Posterior, middle and anterior deltoid

*Synergistic (stabilizer) muscles:*

- Supraspinatus, Infraspinatus, Subscapularis, Teres Minor (AKA: rotator cuff)
- Rectus abdominis, internal/external obliques, transverse abdominis, diaphragm, pelvic floor (AKA: Core muscles)

### **Body Mass:**

It is important to recognize the role of body mass and body type when tackling the pullup. Strength to mass ratio is a term often used in strength and conditioning to describe the ability for an athlete to move their body through space. The larger the mass of the individual, the stronger the individual has to be to pull him/herself up. By achieving an ideal body mass range and athlete will be more successful in completing the pull up goal.

### **Strength Program:**

Exercise	Muscles Used	Frequency	Load	Sets x Reps
Bent over rows (single arm)	Lats, Biceps, brachioradialis, brachialis traps	2x/week	20-30# (female) 35-50# (male)	3x6 each side
Dumbbell Bench Press	Pecs	2x/week	25-30# (female) 35-50# (male)	3x6
Barbell pullovers*	Lats, lower traps, biceps, peccs	1x/week	45-55# (female) 65-75# (male)	2x8
Reverse grip barbell rows	Lats, traps, biceps, brachialis	1x/week	55-65# (female) 85-105# (male)	2x8
Inverted ring rows **	Lats, traps, biceps, brachialis, pecs	2x/week		3x6
Eccentric pullups	Lats, traps, biceps, pecs	2x/week		3x5 with 5-8 second count
“Max” effort front plank		4x/week		6x 20 second holds, rest 10-20 seconds between each set
T-band shoulder exercises: <ul style="list-style-type: none"><li>• High row</li><li>• Reverse fly</li><li>• Lat pull down</li></ul>		3x/week		2x8

\* Barbell pull overs (similar to KB pullovers):

- Lie on back with barbell above head
- Hands shoulder width apart on barbell
- Keeping elbows to side, pull barbell down towards belly button

\*\* Inverted ring rows:

- Elevate feet on box
- Progressively increase to taller box—use the highest box while maintaining a plank position