

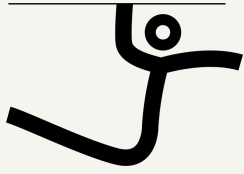
Pull Up Masterclass

Programming Your Pull Up Training

Day 3



With Mercedes Pollmeier
& Kirsty Grosart



Pull Up Masterclass

3 Step Blueprint For Pull Up Training

- Phase 1: Build muscle (Accumulation)
- Phase 2: Increase strength (Intensification)
- Phase 3: Improve power (Explosives)

Train pushing as well! Developing the antagonists is key to balancing out the strength around your joints.

Build Muscle

- Ring row 3 x 10r
- Eccentric isometric hold each 3-5s
- Long duration isometric hold one angle 10s.

Build Strength

- Choose a challenging pull up variation 4 x 3r
- Slow eccentric 10s lower
- Hanging leg raises 3 x 10r

Explosiveness plays a big part in the pull up when we apply it to real-world situations and having fun

Increase Power

- Power pull-ups 3r on the minute for 10 minutes
- Mountain climbers 3 x 10r