

Pull Up Progression

Scapular Pull Ups

Grip the bar with your hands outside of shoulder-width. Maintain straight elbows throughout. First elongate your neck, separate your ears from your shoulders by pulling your shoulder blades down, and hold for one second. Next shrug your shoulders up to your ears, making your neck disappear, and hold for one second.

Repeat for 8-12 repetitions.



Scapular Protraction & Retraction

Grip the bar with your hands outside of shoulder-width. Maintain straight elbows throughout. First pull your chest behind your arms, separate your shoulder blades, and hold for one second. Then push your chest in front of your arms, squeeze your shoulder blades, and hold for one second. Use your legs as a counterbalance.

Repeat for 6-8 repetitions.

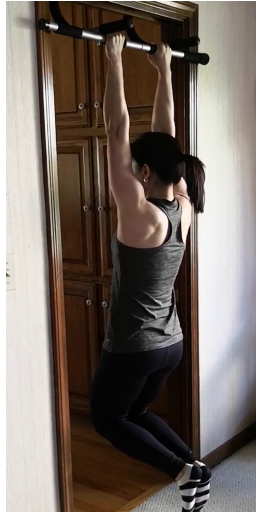


Pull Up Progression

Dead Hang

Maintain straight elbows, grip the bar firmly and hold for time.

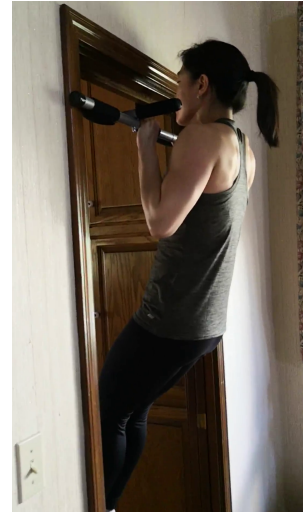
Aim for 30 seconds. Work your way up to holding for 60 seconds or more.



Flexed Elbow Hang

This can be done at different heights of the pull up. Jump or step up to the chosen height and hold for time. As you hold, think about driving your elbows down toward the ground.

Aim for 10 seconds. Gradually build up to 30 seconds.



Negative Pull Ups

Jump or step up to the top of a pull up, then lower yourself as slowly as you can. Repeat for 5-10 repetitions.

