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FOUNDATIONSXFLATLAND STRICT PULL-UP

ORGANISED BY: FLATLAND CROSSFIT

FOUNDATIONSXFLATLAND

HOW TO USE THIS PROGRAM: 1.ACTUAL DO IT CONSISTENTLY 2. USE GOOD FORM 3. DON'T SKIP AHEAD **4.REST BETWEEN** DAYS 5. EAT PROTEIN

FOUNDATIONSXFLATLAND 2024 WEEK 1&2: DAY 1: 3 Sets: 8 Negative Pull-ups use band if

8 Negative Pull-ups use band if needed (3 Seconds on the way down. Don't drop early) 12 DB Bent Over Row

DAY 2:

3 Sets:

8 Banded Pull-ups (use band that will help complete all 8 reps)

Then:

Max rep ring rows (aim for 15-20 tough reps)

FOUNDATIONSXFLATLAND ²⁰²⁴ WEEK 3&4:

DAY 1:

4 Sets:

8 Negative Pull-ups use band if needed (3 Seconds on the way down. Don't drop early)

12 DB Tempo Bent Over Row (31X1)

DAY 2:

3 Sets:

6 Banded Pull-ups (Use Lighter band.

But enough for 6 Tough reps)

Then:

2 Sets:

10 Supinated Ring Rows (3 Second Hold at the top)

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FOUNDATIONSXFLATLAND ⁻⁻ 2024 WEEK 5:

DAY 1:

4 Sets:

8 Negative Pull-ups use band if needed (3 Seconds on the way down. Don't drop early) (Lighter Band than last week) 12 DB Tempo Bent Over Row (31X1)

DAY 2:

4 Sets:

4 Banded Pull-ups (Use Lighter band. But enough for 4 Tough reps)

Then:

2 Sets:

Max Ring Rows (Aim for 20 reps)

FOUNDATIONSXFLATLAND ⁻⁻ 2024 WEEK 6 :

Test Max Unbroken Strict Pull-ups

Repeat Program Until you have Strict Pull-ups or desired number of Strict Pull-ups

Recommended Strength: Kipping Pull-ups: 5 Strict Pull-ups Chest to bar Kipping: 5-10 Strict Pull-ups MU: 10+ Strict Pull-ups

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FOUNDATIONSXFLATLAND ²⁰²⁴

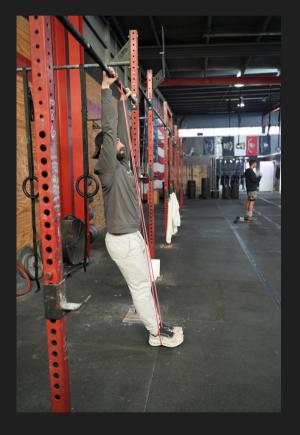


Start at the top of bar, by jumping up or stepping off box.



Maintain hollow position in controlled descent to the bottom. Control all the way. 3 Second Decent. Use band if needed

FOUNDATIONSXFLATLAND = 2024 BAND STRICT PULL-UP



Start with band around feet. Body is in a hollow position. Feet are glued together. Start pulling elbows down like your peaking over a fence. Pull to the top of the bar, elbows stay down not out. Maintain hollow position throughout the whole movement. Control on the way down.

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Start arms locked out under rings. Establish a hollow position. Weight in heels. To make this more difficult walk feet further under rings.

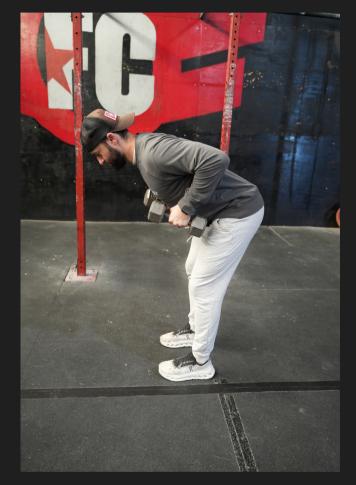


Pull chest to rings. Keep elbows close to ribs. Maintain hollow position through out the movement. Stay controlled.

FOUNDATIONSXFLATLAND ²⁰²⁴ BENT OVER ROWS



Grab Dumbbells in each hand. Go to bent Over position. Soft knees, hips up, back neutral, brace stomach.



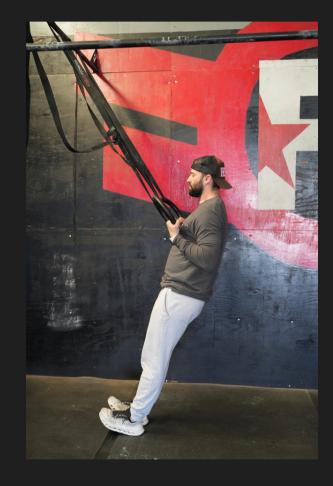
Keeping elbows close to ribs pull DBs and elbows up. Maintain neutral spine throughout movement.

For tempo (31X1), 3 seconds on the way down, 1 second at the bottom, Explode up quickly, 1 second at the top.

FOUNDATIONSXFLATLAND ²⁰²⁴



Have palms facing up, like a chin up and perform a ring row. Maintain Hollow postition through out movement.



Keeping elbows close to ribs pull DBs and elbows up. Maintain neutral spine throughout movement.

For tempo (31X1), 3 seconds on the way down, 1 second at the bottom, Explode up quickly, 1 second at the top.