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FOUNDATIONSXFLATLAND

STRICT
PULL-UP



ORGANISED BY:
FLATLAND CROSSFIT



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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



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2024

WEEK 1&2:

DAY 1:

3 Sets:

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)



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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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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)



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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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2024

NEGATIVE PULL-UPS:



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



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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.



RING ROWS



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.



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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.



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SUPINATED RING ROW

2024



Have palms facing up, like a chin up and perform a ring row. Maintain Hollow position 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.