

STRICT PULL-UP PROGRAM

4-WEEK ACCESSORY PROGRAM · WEEK 1



DAY 1

WORKOUT

- 1) 3 x 10 reps [ring rows](#)
 - Walk the feet forward as long as reps can be performed unbroken and controlled
- 2) 30 seconds x 3 sets active hang from the pull-up bar
- 3) 100 [banded pull-aparts](#)
 - Use a thin band

COACHING NOTES

Ring Rows

Rings at waist height, neutral grip, body straight. Pull chest to rings, squeeze shoulder blades, lower with control. "Body stays rigid, lead with chest."

Active Hang

Overhand grip, arms straight. Pull shoulders down without bending arms, tight core, feet pressed together. "Shoulders away from ears."

Banded Pull-Aparts

Band at shoulder height, arms straight. Pull apart, squeeze blades, return slow. "Pinch shoulder blades."

DAY 2

WORKOUT

- 1) 3 x 10 reps [ring rows](#)
 - Walk the feet forward as long as reps can be performed unbroken and controlled
- 2) 2 x 20 reps dumbbell bent over rows
 - Use a pair of dumbbells that you can perform at least 10 reps unbroken
- 3) 100 [banded face pulls](#)
 - Use a thin band

COACHING NOTES

Ring Rows

Rings at waist height, neutral grip, body straight. Pull chest to rings, squeeze shoulder blades, lower with control. "Body stays rigid, lead with chest."

DB Bent Over Rows

Hold DBs, hinge at hips, flat back. Pull to ribs, squeeze lats, control down. "Don't jerk."

Banded Face Pulls

Band at face height, elbows high. Pull band to face, rotate hands out. "Elbows up, squeeze upper back."

DAY 3

WORKOUT

- 1) 3 x 10 reps [ring rows](#)
 - Walk the feet forward as long as reps can be performed unbroken and controlled
- 2) 30 seconds x 3 sets active hang from the pull-up bar
- 3) 2 x 10 reps [dumbbell "Y-T-A" raises](#)
 - Use light dumbbells

COACHING NOTES

Ring Rows

Rings at waist height, neutral grip, body straight. Pull chest to rings, squeeze shoulder blades, lower with control. "Body stays rigid."

Active Hang

Overhand grip, arms straight. Pull shoulders down without bending arms, tight core, feet pressed together. "Shoulders away from ears."

DB Y-T-A Raises

Light DBs, hinge at hips, neutral spine. Raise arms into Y, T, then A shapes. "Control each rep." "No swinging, squeezing the shoulders."

NOTES

STRICT PULL-UP PROGRAM

4-WEEK ACCESSORY PROGRAM · WEEK 2



DAY 1

WORKOUT

- 1) 4 x 8 reps [archer rows](#)
- 2) 5 x 3 reps negative chin-over-bar pull-ups
 - Start with your chin over the pull-up bar and slowly lower your body on a "2-count"
- 3) 100 [banded pull-aparts](#)
 - Use a thin band

COACHING NOTES

Archer Rows

Hold rings, one arm straight, one rows. Pull one side, keep opposite arm straight. "Control both arms, square the chest."

Negative Chin-Over-Bar Pull-Ups

Start with chin over bar (pronated grip). Slowly lower to full hang (3–5 sec). "Fight the descent, stay tight."

Banded Pull-Aparts

Band at shoulder height, arms straight. Pull apart, squeeze blades, return slow. "Pinch shoulder blades."

DAY 2

WORKOUT

- 1) 3 x 20 reps [dumbbell bent over rows](#)
- 2) 5 x 5 reps [banded pull-ups](#)
 - Use a band that allows you to perform 5 unbroken and controlled reps
- 3) 100 [banded face pulls](#)
 - Use a thin band

COACHING NOTES

Banded Pull-Ups

Band looped on bar, foot or knee in band. Pull chin over bar, full lockout down. "Pull elbows down to the ground." "Don't bounce at the bottom."

DB Bent Over Rows

Hold DBs, hinge at hips, flat back. Pull to ribs, squeeze lats, control down. "Flat back." "Elbows tight." "Don't jerk."

Banded Face Pulls

Band at face height, elbows high. Pull band to face, rotate hands out. "Elbows up, squeeze upper back."

DAY 3

WORKOUT

- 1) 4 x 8 reps [archer rows](#)
 - Pull deeper on the bar (compared to Day 4)
- 2) 6 x 3 reps negative chin-over-bar pull-ups
 - Start with your chin over the pull-up bar and slowly lower your body on a "2-count"
- 3) 2 x 10 reps [dumbbell "Y-T-A" raises](#)
 - Use light dumbbells

COACHING NOTES

Archer Rows

Hold rings, one arm straight, one rows. Pull one side, keep opposite arm straight. "Control both arms, square the chest."

Negative Chin-Over-Bar Pull-Ups

Start with chin over bar (pronated grip). Slowly lower to full hang (3–5 sec). "Fight the descent, stay tight."

DB Y-T-A Raises

Light DBs, hinge at hips, neutral spine. Raise arms into Y, T, then A shapes. "Control each rep." "No swinging, squeezing the shoulders."

NOTES

STRICT PULL-UP PROGRAM

4-WEEK ACCESSORY PROGRAM · WEEK 3



DAY 1

WORKOUT

- 1) 5 x 1 rep supinated strict pull-up attempts
 - Pull as close to the bar as possible
- 2) 5 x 3 reps negative chin-over-bar pull-ups
 - Slowly lower on a "3-count"
- 3) 3 x 5 reps jumping chin-over-bar pull-ups
 - Jump only as much as needed. Do not hold the negative
- 4) 100 [banded pull-aparts](#)
 - Use a thin band

COACHING NOTES

Supinated Strict Pull-Up Attempts

Underhand grip, hands shoulder-width. Pull chin as close to bar as possible, lower under control. "Full lockout from start to finish."

Negative Chin-Over-Bar Pull-Ups

Start with chin over bar (pronated grip). Slowly lower to full hang (3–5 sec). "Fight the descent, stay tight."

Jumping Chin-Over-Bar Pull-Ups

Bar just above reach, supinated grip. Jump and pull chin over bar, push back down to start. "Use legs lightly."

Banded Pull-Aparts

Band at shoulder height, arms straight. Pull apart, squeeze blades, return slow. "Pinch shoulder blades."

DAY 2

WORKOUT

- 1) 6 x 5 reps [banded pull-ups](#)
 - Use a band that allows you to perform 5 unbroken and controlled reps
- 2) 4 x 6 reps [archer rows](#)
 - Pull deeper on the bar (compared to Day 6)
- 3) 100 [banded face pulls](#)
 - Use a thin band

COACHING NOTES

Banded Pull-Ups

See video for band options. Pull chin over bar, full lockout down. Use lightest band possible to meet the sets/reps. "No bouncing at the bottom."

Archer Rows

Hold rings, one arm straight, one rows. Pull one side, keep opposite arm straight. "Control both arms, square the chest."

Banded Face Pulls

Band at face height, elbows high. Pull band to face, rotate hands out. "Elbows up, squeeze upper back."

DAY 3

WORKOUT

- 1) 5 x 1 rep pronated strict pull-up attempts
 - Pull as close to the bar as possible
- 2) 5 x 2 reps negative chin-over-bar pull-ups
 - Slowly lower on a "3-count"
- 3) 10 x 2 reps [banded pull-ups](#)
 - Use a band for 2 unbroken controlled reps
- 4) 2 x 10 reps [dumbbell "Y-T-A" raises](#)
 - Use light dumbbells

COACHING NOTES

Pronated Strict Pull-Up Attempts

Overhand grip, hands slightly wider than shoulders. Pull chin as close to bar as possible without kipping, slow descent. "Elbows down into the floor."

Negative Chin-Over-Bar Pull-Ups

See coach notes of day 1.

Banded Pull-Ups

See coach notes of day 2.

DB Y-T-A Raises

Light DBs, hinge at hips, neutral spine. Raise arms into Y, T, then A shapes. "Control each rep." "No swinging, squeezing the shoulders."

NOTES

STRICT PULL-UP PROGRAM

4-WEEK ACCESSORY PROGRAM · WEEK 4



DAY 1

WORKOUT

- 1) 5 x 1 rep supinated strict pull-up attempts
 - Pull your body as close to the pull-up bar as possible
- 2) 10 x 2 reps negative chin-over-bar pull-ups
 - Start with your chin over the pull-up bar and slowly lower your body on a "3-count"
- 3) 100 [banded pull-aparts](#)
 - Use a thin band

COACHING NOTES

Supinated Strict Pull-Up Attempts

Underhand grip, hands shoulder-width. Pull chin as close to bar as possible, lower under control. "Full lockout from start to finish."

Negative Chin-Over-Bar Pull-Ups

Start with chin over bar (pronated grip). Slowly lower to full hang (3–5 sec). "Fight the descent, stay tight."

Banded Pull-Aparts

Band at shoulder height, arms straight. Pull apart, squeeze blades, return slow. "Pinch shoulder blades."

DAY 2

WORKOUT

- 1) 3 x 5 reps jumping chin-over-bar pull-ups
 - Jump only as much to assist in getting your chin over the bar. Do not hold the negative
- 2) 10 x 1 reps [banded pull-up](#)
 - Use a band that allows you to perform 1 controlled rep
- 3) 5 x 1 rep pronated strict pull-up attempts
 - Pull your body as close to the pull-up bar as possible
- 4) 100 [banded face pulls](#)
 - Use a thin band

COACHING NOTES

Jumping Chin-Over-Bar Pull-Ups

Bar just above reach, supinated grip. Jump and pull chin over bar, push back down to start. "Use legs lightly."

Banded Pull-Ups

See video for band options. Pull chin over bar, full lockout down. Use lightest band possible to meet the sets/reps. "No bouncing at the bottom."

Pronated Strict Pull-Ups

Overhand grip, hands slightly wider than shoulders. Pull chin as close to bar as possible, slow down. "Elbows down and back." "No kip."

Banded Face Pulls

Band at face height, elbows high. Pull band to face, rotate hands out. "Elbows up." "Squeeze upper back."

DAY 3

WORKOUT

- 1) [Strict pull-up attempts](#)
 - Focal points: Pull fast! (Just because it is strict doesn't mean slow), drive the elbows down toward the ground, keep pulling, and keep your body rigid

COACHING NOTES

Strict Pull-Up Attempts

Pull fast — strict doesn't mean slow. Drive elbows down toward the ground. Keep pulling through the full range. "Stay rigid." "Elbows down and back." "Keep pulling."

NOTES

STRICT PULL-UP PROGRAM

4-WEEK ACCESSORY PROGRAM · TECHNIQUE DEVELOPMENT & RECOMMENDED STRETCHING



Both the Weekly Technique Development and Recommended Stretching are optional additions to your accessory work. Depending on the time you have available, you can add one, both, or neither — every bit helps.

WEEKLY TECHNIQUE DEVELOPMENT

01 3 sets: 5 kip swings	02 3 sets: 2 kip swings + 1 kip	03 3 sets: 2 kip swings + 1 pull-up	04 3 sets: 2 kip swings + 1 pull-up + 2 kip swings
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RECOMMENDED STRETCHING

01 Banded Shoulder Stretch Band anchored overhead, grab with one hand. Step back, let band pull shoulder open. "Relax and breathe." "Keep rib cage down."	02 Reach, Roll & Lifts Lie face down, arm extended. Reach long, roll palm up, lift off floor. "Stay slow." "Keep chest down." "Lead with shoulder."	03 Foam Roll Upper Back Foam roller at mid-back, knees bent, hands behind head. Roll slowly from mid-back to upper shoulders. "Relax your neck." "Breathe and move slowly."	04 Lacrosse-Ball Shoulder Mash Ball between shoulder and wall/floor. Roll slowly over sore spots. "Breathe through pressure." "Pause on tight spots."
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