

Routine

Pull



Duration: **60-75 min**

Exercises

A. Warmup

- Cardio (5 min)
- Breathing (1 min)
- CARs (5r per joint)
- Wrists (10-20r per exercise)
- Scapular Pushups (10r + 2s hold)
- Tubes (10r per exercise)

B. Skills

- Pullup Progression (3-5x5r)
- Chinup Progression (3-5x5r)
- Row Progression (3-5x5-8r)

C. Conditioning

- Dead Hang/Active Hang (3x10-12)
- Bodyweight Curls (3x12r)
- Arch Hold (3x20-60s)

D. Cooldown

- Wrist (10r per exercise)
- Upward Dog to Downward Dog (3r)
- Cat/Cow Stretch (10r)
- Cobra (30-60s)

Tips

Always be in control

Feel the movements