

# Skills Project

## Pull-up Program Level 2

### Hollow

rigid body that follows cervical curve

shoulders engaged (scared cat), arms above head

heels together, posterior chain and quads engaged

SIT UP- butterfly legs, maintain “scared” back, shoulders will not touch, arms forward

TUCK CRUNCH- shoulders engaged, arms above head, heels together, knees bent, extend legs, pause at hollow position

V-UP-start at hollow position, hands and feet meet, hips only on the ground

HOLLOW ROCK-hands on knees, maintain hollow core, rock back and forth

### Arch

hips on ground only (superman)

heels together, back extension, posterior chain and quads on, arms overhead, shoulders engaged, lengthen and lift, head neutral

ARCH ROCK-chest down to heels move as one

BEAT SWING- FEET TOGETHER (sponge)

Global flexion neutral and extension, hollow to arch

Quality of movement not speed

rigid=strong

\*\*\*\*show control by stopping every three reps and pausing for a count in the neutral position

### Skin the Cat

lats engaged, heels together, head tucked

stop and show control with hips up at wrists, hands neutral

feet towards ground as far as flexibility allows, arms remain strait

### Toes to Bar

FLOOR-feet together, LATS ENGAGED, knees bent to close distance, maintain hollow top BEGINNERS- always combine with beat swing

TTB RINGS STRICT-feet together, LATS ENGAGED, knees bent to close distance, maintain hollow top, SCALE DESCEND-2 feet in, 1 foot out

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TTB KIPP- follow beat swing tech. feet together, engage lats, maintain hollow top

Advanced- Sprinkle in using the rope, adding weight, or one hand. Get creative

### Ring Rows

Grip- Pronated(hands down) strengthens pull ups-Supinated(hands up)strengthens chin ups/MU -ALWAYS full Range of Motion

decrease angle for increased difficulty, standing=easy, feet elevated to parallel=hardest

ALWAYS maintain hollow position-heels together shoulders and legs engaged

STRICT- no momentum from hip or knee bend

MAX REP-Our goal is 15 or between 12-18 reps. Adjust the difficulty (feet position) accordingly

#### Pull up

God gave us a thumb. Use it

Negative/Partner Assisted negative- maintain hollow, feet together, do not cross feet, descend should last 4-6 seconds, its **not** lowering the body, its muscle failure  
STRICT-feet together, maintain hollow position, (always challenge the reps by adjusting band or increasing you weight), always get full R.O.M.

MAX REP- use the band that you are currently training with. Our goal is 15 or between 12-18 reps. (KIPPPING is allowed if you have achieved your unbroken strict goal.

(Men-10 Women-5)

C2B- Chest must make contact with bar

#### GHD sit-up/ext

Adjust the machine correctly. Sit-up-pad will rest at the top of the leg where leg meets cheek. Back ext- pad will rest at hip crease

Always go as far as you range of motion/ flexibility allows. Stay tight throughout range of motion.

Weighted- Add weight slowly, gradual increase. Know your body and its limits, but challenge yourself.

#### L-hold and L-sit

L-HOLD- Hanging from pull-up bar, lats engaged by pushing bar away, arms stay strait, feet together up to 91 degrees and hold, top remains in hollow body position.

L-SIT- Holding parrallels or 2 boxes, arms are turned out locking in triceps to your lats, hips will be in line with grip or slightly forward, feet together up to 91 degrees and hold, top remains in hollow body position.

Scaling-1 knee bent will decrease the load. Alternate if using this method.2 knees bent will decrease load further.

SPOTTING-Hand on back, hand on shin compress. Be aware of hip alignment and communicate.

#### Rope Climb

If Scaling from floor reps x2 and always work on a static hold (10sec/ rep), find foot rope placement

No feet yields strength, feet help build skill and is more efficient, work both if possible

SPANISH WRAP- rope inside leg to around the top of the foot, body will be in a flexed position at the hip, hands hold on and you are basically hanging in an L shape. Hips then extend up to the rope first, THEN arms pull you into the rope. Hands re-grip and repeat finding the rope grip and globally flexed position.

J-HOOK- rope can be in between legs or on the side of the body, the dominant foot will be on top of the rope and the non-dominant will be sandwiching the rope in the middle (foot on top of foot) this forms a "J" with the rope.

GAMES LOCK-rope goes inside non-dominant knee and over the top back outside that same foot. dominant foot heel comes on top of rope to sandwich the rope between the

feet. Basically a backwards j-hook. The rope placement allows you to see your feet, and for a large distance to be covered.

### Front/Back Lever

Always show control, slow steady moving, know your dismount (KNEES TO CHEST).  
Rest as needed between sets.

FRONT LEVER FLOOR- hands on vertical pole, arms extended and tight, engage lats, maintain hollow top throughout, knees to chest, roll back onto shoulders, extend 1 leg(scaled) or both, feet together, eyes on feet, slowly lower until core strength is challenged and hold.

FRONT LEVER (rings)- feet together, roll up, knees to chest, arms extended, hands neutral, lats engaged. Extend 1 leg(scaled) or both, feet together, eyes on feet, slowly lower (supine position) until core strength is challenged and hold.

BACK LEVER (rings)-feet together, roll up, knees to chest, arms extended, hands neutral, lats engaged. Extend 1 leg(scaled) or both, feet together, eyes on feet, slowly lower (prone position) until core strength is challenged and hold.

### Week 1 (days 1.2.3)

3x12 beat swing

4 neg(partner assist) on the min

tth floor 3x15

3 rope climb

Ring Rows

4X6 (rest 1 min b/t)

1x max rep ring row \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### Week 1 sups

4sets of each

20 sec hollow body hold

20 sec arch hold

10 sec L-hold

25reps sit-up (maintain top hollow)

3x5 skin the cat (rings)

### Week 2 (days 3.4.5)

3x12 beat swing

4 neg(partner assist) on the min

strict slow tth (rings) 3x5

4 rope climb

Ring Rows

4x4 (1sec pause @ top, 4 sec descend) 1min rest b/t

1x max rep ring row \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### Week 2 sups

4 sets of each  
30 sec hollow body hold (hands on knees)  
30 sec arch (sorensen) ghd  
15 sec L-sit (parallels)  
10 tuck crunch

2x5 skin the cat  
3x10 sec front lever hold (floor)

### Week 3 (days 6,7,8)

3x12 beat swing  
3x10 ttb (kipp)  
4x5 rope pull ups (emom)  
^^Scaled 4x5 rope jumping negative  
Pull-Ups  
4x6 strict pull-up  
1x max pull-up \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### Week 3 sups

4sets of each  
25 sec hollow body hold  
15 v-ups  
15 sec L-hold  
40 ghd back extention  
2x5 skin the cat  
3x10sec front lever hold (rings)

### Week 4 (day 9,10,11)

3x12 beat swing  
3x10 ttb (kipp)  
4 rope climb  
Pull-Ups  
4x5 strict pull up  
1x max C2B pull ups \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### Week 4 sups

3sets of each  
30 sec hollow body hold (rock)  
30 sec arch hold  
15 sec L-sit  
ghd 40/40  
2x5 skin the cat  
3x10sec back lever  
4x3 wiper (bar)

### Week 5(day12,13,14)

3x12 beat swing  
3x12 ttb (kipp)

3 rope climb+4 pull-ups

Pull-Ups

4x4 strict pull ups

1x max rep C2B pull ups \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

#### Week 5 sups

3 sets of each

35 sec hollow body (rock)

40 weighted ghd ext.

20 sec L-hold

40 weighted ghd sit-up

4x4 wiper

3x15 sec front lever

#### Week 6 (day 15,16,17)

3x12 beat swing

3x15 ttb (kipp)

3 rope climbs+4 pull-ups

Pull-Up

4x3 strict pull-ups

1x max rep pull-ups \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

#### Week 6 sups

3 sets of each

35 sec hollow body (rock)

40 weighted ghd ext.

20 sec L-sit

40 weighted ghd sit-up

4x3 Around the world

3x15 sec back lever

#### Stretching/Mobility

Narrow grip (clean grip) OH squat

4 way band stretch

Lat pole stretch

Partner assist hanging extension

Thoracic stretch wall

Partner assist seated thoracic stretch (hands behind head)

Partner assist seated thoracic stretch(arms overhead)

Supine thoracic stretch (roller)