



## CrossFit ATP's Pull Up Program ("PUP")

### **Facts First**

Pull ups are achieved by having a positive strength to body weight ratio. Working on the in-gym strength portion of the pull up is only half the program. The other half of the CrossFit ATP Pull Up Program is nutrition. Recourses are available to all members to help guide them to success when it comes to nutrition and remember if you have questions regarding nutrition all you have to do is ask, we love talking food! The following strength program is designed to work with the established low glycemic whole food nutrition plan.

### **PUP Movements**

- 1) Ring Rows
- 2) Jumping Pull Ups
- 3) Floor/Partner Assisted Pull Ups

NOTE: nowhere in this list is the word "band"! Bands are a useful tool in assisting athletes in maintaining intensity during a metcon, however they actually hinder our strength building progress. Remember that the goal of a metcon is to mimic running from a sabretooth tiger, this builds muscular endurance and cardiopulmonary capacity, the metcon is not designed to increase the near max loads an athlete can lift or carry.

### **PUP Domain**

The CrossFit ATP PUP uses periodization. This means that today's movements build on yesterdays and prepares us for what we are going to do next, so skipping around is not recommended. The PUP macrocycle will take 30days to complete, the mesocycle will take 2 weeks and each microcycle will take 1 week. The program is designed to be repeated with increased difficulty until 2 strict body weight pull ups are achieved. The program requires 15 minutes a day 3 days a week with rest days in between each PUP training day.

### **PUP Testing**

It will work against you to continually test to see if you can do a pull up during the PUP, this is why we don't use 1RM barbell lifts to build strength. Testing is prescribed at the end of every macrocycle.



### **CrossFit ATP's Pull Up Program (PUP):**

#### **Week 1:**

Day 1: Jumping Pull Ups: 4,3,2,1 As Slow As Possible

Day 3: Ring Rows: 5 sets of 5 reps at the most challenging incline possible

Day 5: Jumping Pull Ups: 5,2,2,2

#### **Week 2:**

Day 1: Jumping Pull Ups: 4,3,2,2 As Slow As Possible

Day 3: Ring Rows: 4 sets of max reps at the most challenging incline possible

Day 5: Floor/Partner Assisted Pull Ups: 2-2-2-2

#### **Week 3:**

Day 1: Jumping Pull Ups 4,3,3,2 As Slow As Possible

Day 3: Ring Rows: 5 sets of 5 reps at the most challenging incline possible

Day 5: Jumping Pull Ups: 3,3,3,3

#### **Week 4:**

Day 1: Jumping Pull Ups 4,4,3,3 As Slow As Possible

Day 3: Ring Rows: 4 sets of max reps at the most challenging incline possible

Day 5: Floor/Partner Assisted Pull Ups: 3-3-3-3

End of week 4 rest two days and test



## **PUP Movement Standards**

**Jumping Pull Up:** Stand on box so that pull up bar falls mid forearm when arms are out stretched overhead. Grasp bar, jump and hold at the top of the pull up position for 1 second. Toes should be pointed, and a hollow body position should be maintained throughout the entire movement. During your slow decent downward, any point you find hard to control, you should attempt to hold in that position for a moment or two, it is those spots that will be your weakest, so pausing or attempting to pause will quickly help you build strength in that position. For many the last 3 inches are the hardest to control and holding your breath, tightening your abs, and squeezing your butt will help you exert control. Once your ears are in line with your arms the jumping pull up is complete. To take this movement to the next level on the next cycle, simply go slower, the stronger you get, the slower you can go.

**Ring Row:** Set up Rings mid belly height. With your heels on the ground and the rings in your hand you are on a positive incline. If you raise your heels by placing them on a box to the same level as the rings you will be on a neutral incline, and if your feet are above the level of your hands while holding the rings you are at a negative incline. The goal will be finding the steepest incline possible to perform the sets. Pro Tip: think about how hard it is to squat a heavy barbell when we build squat strength, we want to find an incline that allows us to mimic that same level of exertion.

**Floor Assisted:** For floor assisted pull ups place a barbell on the rig so that while grasping the barbell your butt does not touch the ground. The floor assisted pull up allows us to mimic the exact body position and pulling pattern as the pull up and is a vital step in recruiting the correct muscles and creating a positive neuromuscular firing pattern that will directly translate to the unassisted pull up. The knees may be bent to further assist this movement or the feet may be placed on an incline to increase the load exerted on your pulling muscles.

### **Partner Assisted Pull Up:**

Hanging from the barbell bend your knees backwards and place your shoelaces in the hands of your partner and PULL, as you pull your partner will assist by lifting up on your feet.

Communication is key! Partners need to know when the hanging partner wants/needs to drop, so don't hold too tightly.