

# 321g PROJECT PULL-UP PROGRESSION

## PULLUP



Double-overhand grip; chin clears bar; start at full hang; no kip

## KIPPING PULLUP



Start from full hang; athlete creates a 'c' position from head to heel; legs generate upward force; chin clears bar at the top of each rep; should be able to generate 3 linked

## KNEES TO ELBOWS



Start from full hang; athlete creates a 'c' position from head to heel; the athlete lifts her knees to touch the elbows as she drops her head back behind her shoulders and looks up. The athlete keeps her torso under the bar as she returns to the 'c' position. Forward momentum of knee does not create swing of torso; knees strike elbows while athlete is looking up.

## NEGATIVE PULLUP



Starting from a position of full elbow flexion, athlete descends as slowly as possible to full hang, then returns to the start position with assistance

## BODY ROW - STRAIGHT



Starting from a prone position on the ground, the athlete places her hands on the rings with arms at full extension. At the apex of the movement, the athlete's ribs are at her wrists and only her heels are touching the floor (legs straight.)

## BODY ROW - BENT



Starting from a prone position on the ground, the athlete places her hands on the rings with arms at full extension. At the apex of the movement, the athlete's ribs are at her wrists and only her heels are touching the floor (legs bent, hip drive allowed.)



3 LINKED

10 WITHOUT BREAKING THE KIP

5 IN A ROW LASTING LONGER THAN 5S EACH.

20 STRAIGHT - CHIN PAST WRISTS - WITHOUT STOP.

10 FULL - CHIN PAST WRISTS - NONSTOP.