

Skill Work Pull Ups

Beginner- Strict ring rows/jumping pull ups

Novice- Jumping pull ups/ Band assisted pull ups

Intermediate- Strict/ Kipping pull ups

Advanced- Kipping/Butterfly pull ups

***Looking for 50+ reps of any combination. Work through all progressions as appropriate for warm ups then 50 reps or more of challenging reps

Jumping pull ups need to include minimal “jump” and strict negatives each rep. Band assisted should avoid “bouncing” out of the bottom and include strict negatives. Kipping and Butterfly pull ups should focus on skill development/movement patterns for each.