



Ladies Technical Lifting Class Pull Up Progression

By

Dave Brockway

The Pull Up & Chin Up

The pull up and chin up are amazing compound upper body exercises. You can find somewhere with a bar or fit one to your home it can be done anywhere. They work pretty much every muscle in the back, shoulder, chest, biceps and one group of muscles rarely mentioned is the abdominals. I may of just sold you the what a great exercise the pull up is many of you are saying to yourselves right now **“Thats great, I can’t do one”**.

It’s a tough exercise to learn but like every exercise it’s part strength, part skill and part progression. I’ve come across so many people that have the strength to do the exercise but lack the ability to fire the muscles correctly. Like any movement pattern frequency and the right amount of frequency is key to success.

If you follow the progression until you are ready to move on to the next one you will eventually be able to do a pull up. Be patient as everyone will progress at a different pace.

Mobility & Dynamic Warm Up

Over Head Lunges
Banded Broom Handle Stretch
Press Ups
Crawl Outs
Lower Back Kneeling Stretch



Full Range Of Motion (ROM)

I want to clear something up before we start doing a pull up. Full range of motion starts from the stretch position at the bottom. You contract the back until your sternum touches the bar. If you can't then it's not a full pull up, its a partial. You can usual partials to progress but as long as you are addressing the weak part of the strength curve.

Pull Up Progressions & Regressions

First assess where you are on the scale and I'd say take one step back for a short while. When you can complete the task move on to the next stage. If you hit a plateaux then drop back a stage as you may need to strengthen in that stage for a while.

- 1. Lateral Pulldown / Kneeling Dumbbell Rows / Seated Cable Row**
- 2. Bodyweight Rows (Lower Angle)**
- 3. Top Hangs (Timed) / Bottom Hangs (Timed)**
- 4. Eccentric or Negative Pull Ups / Scapular Pull Ups**
- 5. Eccentrics For A Count Of 10 As Many Reps As Possible (AMRAP)**
- 6. Scapular Pull Ups 10 Second Iso Hold (AMRAP)**
- 7. Eccentrics with 10 Second Iso Pauses At The Weak Point Of The Strength Curve (Individual To You)**
- 8. Partial Pull Ups From Top /**
- 9. ISO Hold at 5-10 Degrees Past End Range Point of Partial**
- 10. Partner Pull Ups**
- 11. Pull Up AMRAP Plus Partner Pull Ups**
- 12. Pull Up / Chin Ups**
- 13. Weighted Chin Ups / Pull Ups**



Trouble Shooting The Pull Up

You are only as strong as your weakest link. By this I mean it maybe one or two parts of the strength curve you will be unable to drive past. For example you may have **weak scapular retractors (shoulder blades)**. Very often you will see that guy in the gym thats does 15 pull ups effortlessly. But if you look closely he never comes down to a complete stretch at the bottom or contracts fully at the top or the range of motion. This is because if he did he would not be able to move again due to in effective Scapular retractors. These are the muscle like the Rhomboids & Trapeziums. This is just an example of why you cant do pull ups.

Weak Grip

Weak Forearms

Weak Elbow Flexors

Carrying Too Much Weight

Unable to Fire Muscle In Order

Unilateral Strength Deficit (Stronger On One Side Of The Body Than The Other)

Tight Pectorals



Tips On How To Keep Good Form

As soon as the feet are hanging squeeze the Glutes, Abs & point toes. This will eliminate the swing that can be so energy draining before you start. Pull The elbows down and squeeze the back.

Some Assistance Exercises To Correct Weaknesses

These a few exercises to help correct weak muscles and tight muscles.

Hammer Curls
Cable Scapular Retractors
Prone Flyes
Db Pec Stretch
Lateral Pull Down
Static Holds
Gravity Presses
Seated Cable Rows

