



**GET YOUR
FIRST STRICT
PULL-UP IN
6 WEEKS**



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Achieving that first strict pull-up is a mystery to many, if not most, athletes. It's not as simple as practising pull-ups. Instead, a variety of accessory exercises can help you build the strength necessary to get that first strict pull-up faster.

We spoke to Coach Daniel Malmberg from Ironberg Performance to create a full program to help you achieve your first strict pull-up.

Coach Dan is a university qualified exercise scientist with 10 years of coaching experience. He specialises in online/remote coaching, with a focus on optimising body composition and performance for tactical athletes, functional fitness athletes, and fitness professionals, as well as the general population.










THE PLAN

This is six weeks of programming. Aim to complete each week's programming 2-3 times before advancing to the next week.






The intent of the workout is to build up time under tension (meaning time when your muscles are engaged) of the shoulder girdle, scaps, grip, and biceps.

PHASE 1

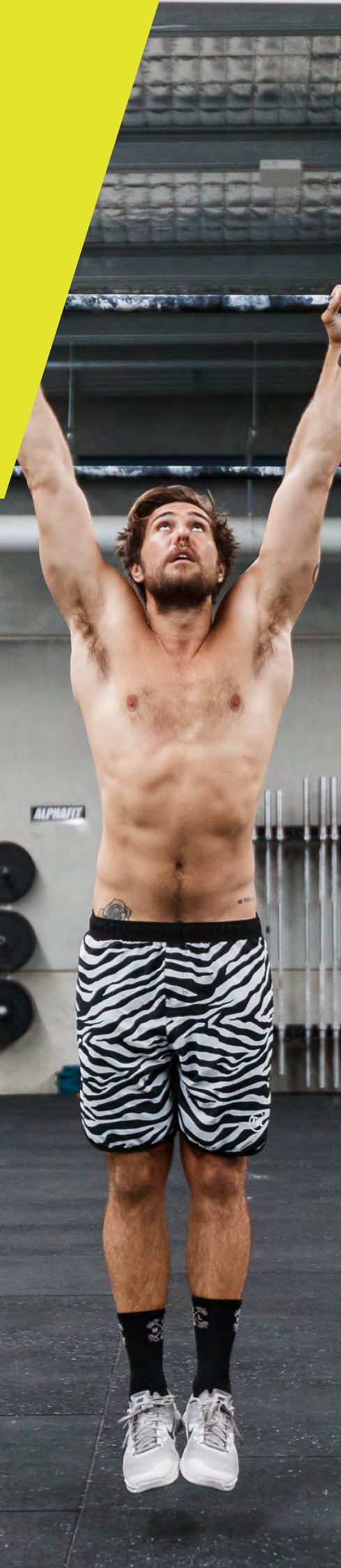
WEEK 1

1a) Chin-Up Hold	5 x 1 reps 10-20 sec hold)	 WATCH VIDEO
1b) Dumbbell Row	5 x 12 reps	 WATCH VIDEO
2a) Ring Rows	6 x 8-10 reps (6 sec hold at the top)	 WATCH VIDEO
2b) Scapula Pull-Ups	6 x 15 reps	 WATCH VIDEO
2c) Barbell Bicep Curls (4 sec down, 2 sec up)	6 x 12-15 reps	 WATCH VIDEO

WEEK 2

1a) Chin-Up Hold	5 x 1 reps 10-20 sec hold)	 WATCH VIDEO
1b) Dumbbell Row	5 x 12 reps	 WATCH VIDEO
2a) Ring Rows	6 x 8-10 reps (6 sec hold at the top)	 WATCH VIDEO
2b) Scapula Pull-Ups	6 x 15 reps	 WATCH VIDEO
2c) Barbell Bicep Curls (4 sec down, 2 sec up)	6 x 12-15 reps	 WATCH VIDEO










PHASE 2

WEEK 3






1a) Eccentric Chin-Ups	5 x 1 reps (10-20 sec down)	 WATCH VIDEO
1b) Dumbbell Row	5 x 8 reps	 WATCH VIDEO
2a) Ring Rows	6 x 8-10 reps (6 sec hold)	 WATCH VIDEO
2b) Scapula Pull-Ups	6 x 10 rep repss	 WATCH VIDEO
2c) Bicep Curls (4 sec down, 2 sec up)	6 x 8-12	 WATCH VIDEO

WEEK 4






1a) Eccentric Chin-Ups	5 x 1 reps (10-20 sec down)	 WATCH VIDEO
1b) Dumbbell Row	5 x 6 reps	 WATCH VIDEO
2a) Ring Rows	6 x 8-10 reps (6 sec hold)	 WATCH VIDEO
2b) Scapula Pull-Ups	6 x 10 reps	 WATCH VIDEO
2c) Bicep Curls (4 sec down, 2 sec up)	6 x 8-12 reps	 WATCH VIDEO

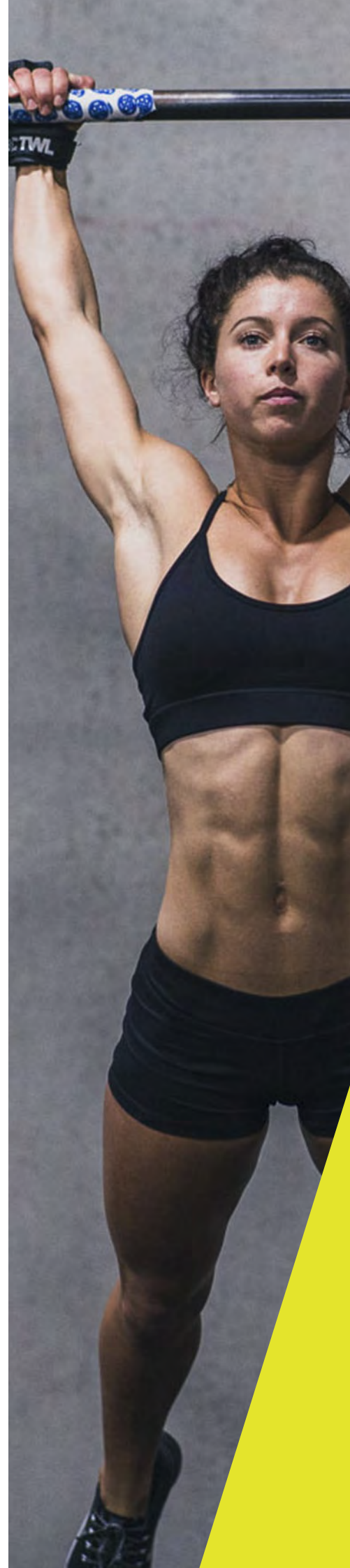
PHASE 3

WEEK 5

1a) Eccentric Chin-Ups	5 x 1-3 reps (10-20 sec)	 WATCH VIDEO
1b) Dumbbell Row	5 x 5 reps	 WATCH VIDEO
2a) Ring Rows	6 x 6-8 reps (4 sec hold at top)	 WATCH VIDEO
2b) Scap Pull-Ups	6 x 8 reps	 WATCH VIDEO
2c) Bicep Curls (4 sec down, 2 sec up)	6 x 6-8 reps	 WATCH VIDEO

WEEK 6

1a) Eccentric Chin-Ups	5 x 2 reps (20 sec)	 WATCH VIDEO
1b) Dumbbell Row	5 x 5 reps	 WATCH VIDEO
2a) Ring Rows	6 x 6-8 reps (4 sec hold at top)	 WATCH VIDEO
2b) Scap Pull-Ups	6 x 8 reps	 WATCH VIDEO
2c) Bicep Curls (4 sec down, 2 sec up)	6 x 6-8 reps	 WATCH VIDEO



EQUIPMENT YOU MAY NEED



CROSSFIXE SKIN NOURISHMENT

*Your hands might be sore.
Keep them feeling good with
CrossFIXE.*



ARMAID MASSAGE AND RECOVERY

*Roll out tender forearms
quickly and easily.*



TWL BODY MUSCLE SOOTHE

*Sore muscles got you
down? Help them heal faster
with this body balm.*



TWL LAMB FINGER TAPE

*Make sure your thumbs and
fingers stay in one piece.*



TWL X JAWT PULL UP GRIPS

*These pull up grips will
improve your pull ups and
allow you to workout harder,*



TWL KARBON GRIPS 3 FINGERS

*Reduce friction between the
bar and your hands
reducing the likelihood of
blisters and cuts.*



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