

## MAP - Pull Up Progressions

Set	Session 1	Working Sets	Notes
A1	Band Assisted Pull Ups	4 x 5-8	Pause at top - control eccentric
B1	Dead Hang	3 x 10-40sec	

Set	Session 2	Working Sets	Tempo
A1	Eccentric Pull Ups	4 x 3-5	3 to 5 second eccentric (use barbell with foot support if needed)
B1	Chest Supported Row	3 x 8-10	31X1

Set	Session 3	Working Sets	Tempo
A1	Chin Up*	4 x 5	*Barbell - Feet on floor / standard / or weighted
B1	Barbell Body Row	3 x 10RM + 5	Mechanical Drop Set - once form goes walk further away

\*Do this at start on Saturdays & Add 1-2 more times per week pre or post RMF group session or at commercial gym