

Workout tracker

	W1-D1	W1-D2	W2-D1	W2-D2	W3-D3	W3-D2	W4-D1	W4-D2
General Warmup								
Mobility Preparation								
Activation Preparation								
Work Sets								
Accessory Work								

Legend: W1-D1 = Week 1, Day 1 - W2-D2 = Week 2, Day 2

Notes



Supplemental Program UPPER BODY PULL

Starting Level:	YELLOW II
Prepared For:	
Frequency:	2x per week for 4 weeks (8 progressive sessions)
Time Required:	Approx. 20 minutes

Tips and Warmup

Tip: Tempo

Tempo is the speed of the movement. We control this factor with 4 numbers - using 5050 as example - the first number is the DOWN portion, so 5 seconds down. The second number is the hold in bottom portion, 0 second hold. The third number is the UP portion, 5 seconds up. Occasionally, you'll see an "X" here, which means eXplode up! The final number is the hold at top number, 0 seconds for this example.

Why do we use tempo? By controlling the speed of the movement, we control many of the factors that influence muscular development. One of the most important factors here is time under tension. By manipulating these variables, we can get EXACTLY the outcome/adaptation we want!

General Warmup - Bike/Row

On a bike or rower move for 2 minutes to bring your body temperature up. Go at a consistent pace so that by the end your breathing and heart rate are elevated. You shouldn't be tired, you should be ready to work.

Mobility Preparation - 20 Shoulder Passthroughs

Grab a PVC Pipe or Light Band (preferred) and with your arms in a very wide grip and totally straight bring your arms from in front of the thighs, around your head, and to your lower back. Do 20 of these SLOWLY (1 rep = there and back). Move your hands as wide as needed to keep your arms straight. If your hands are as wide as possible, work to stretch things out and don't rush.

Activation Preparation

Ring Scap Shrugs - 3 sets of 5 at tempo: 3131. Rest no more than 1 min b/t sets.

In a ring row position with your body approximately at a 45 degree angle, hands in a neutral grip with arms totally straight, protract and relax your shoulders and scaps so there is much distance as possible between you and the rings. Keeping your arms straight, retract your shoulders and scaps and bringing yourself as close to the rings as possible. Your movement will only be few inches, but work to increase the range of motion and distance.



Working Sets

Ring Row - 3 sets of 8-12; rest 60-90s

1 second contraction hold at top

Directions:

Start so your body is approximately at a 45 degree angle. From a relaxed position with straight arms and a neutral grip, retract the scaps so you are as close to the rings as possible (without bending the elbows). Pull yourself to the rings, imagining that you're pulling from your elbows, until your chest comes as close to the rings as possible. Descend to the starting position and repeat for prescribed number of reps.

Instructions

Be sure to mark the height of the rings relative to your body (Ex: height of belly button), and the distance of your feet from the plumb line of the rings (directly below the rings).

This is how you will measure your progress and make things more difficult.

Each session adjust the angle of your body, and the distance of your feet to make it a little harder. Make sure you are recording your progress! Stay totally focused on the SKILL of strength you are building. You will be working on ring rows for awhile as you build your familiarity and experience.



Accessory Work - Active Deadhang Hold

- 3 sets of 10-25s+; rest 1 min

Take a double overhand (pronated) grip on a pullup bar. Hang and retract the scaps, holding yourself at the top of a scap shrug for the designated time. If it's easy, increase the time you hold each session, working to hold longer.

