

## 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 III**

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

## Banded Chinup - 3 sets 5-8 w/ 2s hold at top

### Directions:

Using an appropriate band, stand on a box and place your foot in the band. Grasp the pullup bar with palms toward you (supinated). Hang momentarily and wrap your free leg around the front of the banded leg to keep the band in place. Be sure your supporting box is within range, so you can easily place your foot back on it. From a hanging position, retract your scaps, and pull your chin over the bar. Imagine pulling down (from the elbows) to increase strength faster.

### Instructions

Take careful note of the band (or band combinations) you use. Each session, work to make it a little harder. If you find the band tension is hard to control (because of so many combinations), consider using one heavy band (that makes the pullup easier), and then weigh yourself down with a load. You'll be able to then adjust the loading by 2.5lb increments.

Be sure to stay totally focused on making each rep perfect, and make each session harder!



### Accessory Work - Active Deadhang - 3 sets of 15-30s+; 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.

