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MADE BY
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KIPPING CHEST TO BAR PULL-UP PROGRAM

8 WEEKS-1 DAY

INTRO

KIPPING CHEST TO BAR PULL UP PROGRESSION

Welcome into this 8 week program, we hope to help you with your CrossFit journey by handing this kipping chest to bar pull-up program to you. This program can be used as an accessory program and should always be done in consultation with your coach. If you are injured in the upperbody we don't recommend doing this program. If you are unable to perform certain exercises or you are unable to hit the rep scheme's then scale where needed. Make sure to be able to do strict pull ups, if you are not able to do those then we highly, highly, HIGHLY, recommend you to do those first until you can easily do 5 reps, then go on to kipping pull ups and then progress further into chest to bars when you are ready.

KIPPING CHEST TO BAR PULL-UP PROGRAM

8 WEEK PROGRAM 1 DAY PER WEEK

DAY	EXERCISE	REPS/SETS
1	kipping pull-up	5x3 reps, big swing, high pull.
	feet assisted chest to bar pull-up hold	5x8 sec hold
2	kipping pull-up	5x4 reps, big swing, high pull.
	feet assisted chest to bar pull-up hold	6x8 sec hold
3	kipping pull-up	6x3 reps
	pvc lat pull down to chest	5x3 reps (9 sec hold @chest)
4	kipping pull-up	6x4 reps
	pvc lat pull down to chest	5x4 reps (9 sec hold @chest)

NOTE:

The kipping pull ups should be a little different then normal, we want you to have a big swing and pull yourself as high as you can. During the hold, try to assist as little as possible with the feet, try to keep the shoulders in a proper position (back and down)
The same rule applies for the pvc lat pull down.

KIPPING CHEST TO BAR PULL-UP PROGRAM

8 WEEK PROGRAM 1 DAY PER WEEK

DAY	EXERCISE	REPS/SETS
5	Box assisted kipping chest to bar pull-ups	emom 10 min-3 reps
	pvc lat pull down to chest	5x5 reps (9 sec hold @chest)
6	Band asisted kipping chest to bar pull ups	emom 7-10 min: 3 reps
	Inverted row	5x3 reps (7 sec hold @chest)
7	Band asisted kipping chest to bar pull ups	5x4 reps
	inverted row	5x4 reps (7 sec hold @chest)
8	Band asisted kipping chest to bar pull ups	6x4 reps
	inverted row	5x5 reps (7 sec hold @chest)

NOTE:

The box assisted kipping chest to bar pull ups should feel pretty easy but you still want the same motion as a regular kipping pull up. Normally we do not recommend the use of bands but for this exercise if could help you in that weak spot.
Repeat this protocol as needed.