

Pulling and Pressing Supplemental Program

Both kipping chest to bar pull ups and kipping handstand push ups require a prerequisite amount of strength in their strict variations to be done safely and effectively. This program is designed to improve your strength in both strict pulling and strict pressing exercises.

Guiding Principles:

- Positions are paramount!
 - Never push any set past positional breakdown.
- Slow and controlled!
 - Follow the tempo prescriptions exactly.
 - [How do I read a tempo prescription?](#)

Schedule:

- You may choose to follow either the pulling and/or the pressing program.
 - They may both be done on the same day
- Rest at least one day between days 2 and 3.
- Rest at least one day between days 3 and 4.
- Rest at least one day between days 5 and 6.
- Rest at least one day after day 6.

How do I scale the exercises:

Push Up Negative

- Elevate hands as needed.

Pull Up Negative

- Use a box to begin the rep at the top of the movement

Strict Handstand Push Up Variation

- Choose a progression that allows for perfect positions and adherence to the tempo.
- Once you are able to perform 10 perfect repetitions, move to a more difficult progression.

Negative Handstand Push Up Variation

- Choose a progression that allows for perfect positions on the negative.
- You will be able to use a more difficult variation than you would for day 3.

Push Up Variation

- Choose a progression that allows for perfect positions and adherence to the tempo.
- Once you are able to perform 10 perfect repetitions, lower your hands.

Band Pull Ups

- Choose a band that allows for perfect positions and adherence to the tempo.
- Once you are able to perform 10 perfect repetitions, use a smaller band.

How do I progress in this program?

You will repeat the 6-day cycle indefinitely. Progress is marked by moving to a more difficult progression in each of our pushing and pulling variations.

For example, on day 3 you are asked to complete 3 sets of a strict handstand push up variation at a 20X2 tempo for a maximum of 10 repetitions. The first time you begin the 6-day cycle, you are performing handstand push ups with your knees on a box. You successfully complete 7 reps your first set, 6 reps your second, and 5 reps your third set. By the fourth time you complete the 6-day cycle, if you can successfully complete all 10 repetitions of handstand push ups with your knees on a box you may then move to a more difficult progression. You have officially gotten stronger.

Be patient. Be consistent. Enjoy the process!

Week 1

Day 1

Pressing Program	Pulling Program
<p>4 Sets:</p> <ul style="list-style-type: none">● Push up negative x 4-6 reps<ul style="list-style-type: none">○ :03 hold at the top, :05 lower● Single Arm Dumbbell Row (20X1) x 6-8 reps each arm	<p>4 Sets:</p> <ul style="list-style-type: none">● Pull Up Negative x 4-6 reps<ul style="list-style-type: none">○ :03 hold at the top, :05 lower● Seated Dumbbell Press (20X1) x 6-8 reps

Day 2

Pressing Program	Pulling Program
<p>3 Sets:</p> <ul style="list-style-type: none">● Seated Dumbbell External Rotation x 10-15 reps● Scap Push Ups (20X1) x 10-15 reps● Crow Position Hold x :10-:20	<p>3 Sets:</p> <ul style="list-style-type: none">● Scap Pull Up (21X1) x 8-10 reps● Chest to Bar Hold x :10-:20

Day 3

Pressing Program	Pulling Program
<p>3 Sets:</p> <ul style="list-style-type: none">● Strict Handstand Push Up Variation (20X2) x 10 reps maximum● Semi-stiff Arm Band Pull Down x 15-20 reps	<p>3 Sets:</p> <ul style="list-style-type: none">● Ring Row (41X1) x 10 reps maximum● Band Tricep Extension x 20

Week 2

Day 4

Pressing Program	Pulling Program
<p>4 Sets:</p> <ul style="list-style-type: none">• Negative Handstand Push Up Variation x 4-6 reps<ul style="list-style-type: none">◦ :03 hold at the top, :05 lower• Modified Ring Row (21X2) x 6-8 reps	<p>4 Sets:</p> <ul style="list-style-type: none">• Ring Row Negative x 4-6 reps<ul style="list-style-type: none">◦ :03 hold at the top, :05 lower• Dumbbell Bench Press (20X1) x 6-8

Day 5

Pressing Program	Pulling Program
<p>3 Sets:</p> <ul style="list-style-type: none">• Seated Dumbbell External Rotation x 10-15 reps• Scap Push Ups (20X1) x 10-15 reps• Crow Position Hold x :10-:20	<p>3 Sets:</p> <ul style="list-style-type: none">• Scap Pull Up (21X1) x 8-10 reps• Chest to Bar Hold x :10-:20

Day 6

Pressing Program	Pulling Program
<p>3 Sets:</p> <ul style="list-style-type: none">• Push Up (20X2) x 10 reps maximum• Semi-stiff Arm Band Pull Downs x 15-20 reps	<p>3 Sets:</p> <ul style="list-style-type: none">• Pull Ups or Banded Pull Ups (21X2) x 10 reps maximum• Band Tricep Extension x 20 reps each

Exercise Library

Day 1

- [Push Up Negative](#)
- [Pull Up Negative](#)
- [Single Arm Dumbbell Row](#)
- [Seated Dumbbell Press](#)

Day 2

- [Seated Dumbbell External Rotation](#)
- [Scap Push Up](#)
- [Crow Position](#)
- [Scap Pull Up](#)
- [Chest to Bar Hold](#)

Day 3

- [Handstand Push Up Variation](#)
- [Semi Stiff Arm Band Pull Down](#)
- [Band Tricep Extension](#)

Day 4

- [Handstand Push Up Variation](#)
- [Modified Ring Row](#)

Day 5

- [Seated Dumbbell External Rotation](#)
- [Scap Push Up](#)
- [Crow Position](#)
- [Scap Pull Up](#)
- [Chest to Bar Hold](#)

Day 6

- [Push Up Variation](#)
- [Semi Stiff Arm Band Pull Down](#)
- [Band Pull Up](#)
- [Band Tricep Extension](#)