

RUINATION CROSSFIT

Muscle Up Progressions

Skill set # 1

False grip ring row to dip transition X 10 reps

Ring dip X 10 reps

Ring kip with pull to hip X 10 reps

X 3 sets

Skill set # 2

Dead hang transition from knee X 3-5 reps

- Start with rings at shoulder height, after each set raise rings 4-6". Use feet and legs for assistance.

False grip dead hang X 10-15 sec

Goal is to have arms at full extension at the bottom position

X 3-4 sets

Skill set # 3

Seated band hip extension drill with false grip + 2 sec hold X 7 reps

- Must be able to control through the entire rep and elevate hips to rings

Seated band hip extension drill with false grip + quick down and up (pop) of the hips X 5

- Similar to first step except this a faster and more aggressive extension of the hips

Seated band hip extension drill with false grip + transition to bottom of dip X 3 reps

X 3 sets

Skill Set # 4

"False grip progression"

Dead hang hold on high bar with open hand and fingers X 5-10 sec

Dead hang hold on high bar or rings with closed fist X 5-10 sec

Strict dead hang pull up with false grip (closed fist) X 1-3 reps

X 5 sets