

# RUINATION CROSSFIT

## Pull Up Progression

- Perform 4 sets of both pull-ups and ring dips 3 times per week, resting 90 seconds between each set.
- Begin with 4 sets of dead hang pull-ups using a band. Then perform 4 sets of ring dips using a band.
- Each week, add an additional rep to each movement's set.
- One max out day per week.

### Example:

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	8 Reps	8 Reps		8+ Reps			
WEEK 2	9 Reps		9+ Reps			9 Reps	
WEEK 3		10 Reps		10 Reps			10+ Reps
WEEK 4	11 Reps		11 Reps		11+ Reps		
WEEK 5		12 Reps		12+ Reps		12 Reps	

### Standards for Movements:

- No kipping, the pull-ups are dead hang-style pull-ups
- Over time move to a smaller band
- Add weight if needed to create a more difficult rep
- Reps are to be done unbroken

### Notes:

- Perform max reps on both movements on Day #1 and Day #35
- Make sure reps are completed but are extremely challenging.
- Time tracking is just as important as rep completion.