		AER					
		Pull Up Progression					
		Tutorial					
	Common Mistakes to Avoid:						
	Common Mistakes to Avoid: - Anterior pelvic tilt (arching lower back) *Focus on posterior pelvic tilt; keep the feet slightly in front of the body						
	- Lifting the chin to complete pull up						
	Keep neutral head position Breaking the straight shoulder alignment & pushing elbows in front of the body						
*Our 'Pull Up' progressions can be interlinked with our	the body						
AFB specialised programs	*Maintain scapula & humeral head position (shoulders down & back) - Don't break in the back & raise rib cage as you pull						
*Recommendation = 3 x week	 Don't break in the back & raise rib cage as you pull "Maintain engaged core & keep ribs down and in 						
	1						
FLOOR 2 FLY WARM UP							
Specific movement patterns & muscular engagements to then fly on our AFB straps.							
			FLIGHTS		MUSCULAR		
		REPS	(adjust to your personal warm up needs)				
FLOOR EXERCISE	COACHING CUES	(adjust to personal needs)	warm up needs)	(adjust to personal needs)	ENGAGEMENTS	BENEFITS	
						Shoulder stability Scapular positioning & control	
	- Begin in plank position					Core control & engagement Lower back control & engagement	
	 Irradiate (tension) throughout the body (50%) Place hands under shoulders & shoulder width apart 				Deltoids	Toned Abs	
	 Keep straight body line (neutral neck & spine), engage core (pull belly button to spine & squeeze glutes) & up on toes 				Erector spinae Rectus abdominis	Solid body base & posture Reduce lower back pain	
	- Controlled breathing				Transverse abdominis	Breathing control	
Plank Holds	*Option; Hold on hands or elbows - Begin in plank position on hands	Max Holds	1	Flow	Core engagement	Shoulder stability	
	 Irradiate throughout the body (50%) 					Scapular positioning & control	
	 Keep shoulders over the hands and head neutral Push the floor away in the shrug 					Core control & engagement Lower back control & engagement	
	 Controlled protraction & retraction of scapular 				Serratus Anterior	Toned Abs	
	 Engage the core keeping straight body line 				Deltoids Erector spinae	Solid body base & posture Reduce lower back pain	
					Rectus abdominis	Protects against neck pain	
Scapula Push Ups - Hands		1		Flow	Transverse abdominis Core engagement	Breathing control	
	- Begin in plank position on elbows					Shoulder stability Scapular positioning & control	
	Irradiate throughout the body (50%) Keen shoulders over the bands and head neutral					Scapular positioning & control Core control & engagement	
	- Push the floor away in the shrug					Core control & engagement Lower back control & engagement Toned Abs	
	Controlled protraction & retraction of scapular Engage the core keeping straight body line				Serratus Anterior Deltoids	Solid body base & posture	
					Erector spinae Rectus abdominis	Reduce lower back pain	
					Transverse abdominis	Protects against neck pain Breathing control	
Scapula Push Ups - Elbows	Begin in plank position on hands	10	1	Flow	Core engagement		
	 Irradiate throughout the body (50%) 					Shoulder stability Scapular positioning & control	
	Keep shoulders over the hands and elbows close to body Lower chest to floor					Core control & engagement Tricep engagement	
	 Lower chest to floor Power back up to plank position (squeeze chest & triceps) 				Deltoids	Lower back control & engagement	
	 Engage the core keeping straight body line 				Pectorals Triceps	Toned Abs Solid body base & posture	
					Erector spinae	Reduce lower back pain	
					Rectus abdominis Transverse abdominis	Protects against neck pain Breathing control	
Push Ups Narrow	Producto and the second s	11	1	Flow	Core engagement		
	Begin in plank position on hands Irradiate throughout the body (50%)					Shoulder stability Scapular positioning & control	
	 Place hands in wide push up position 					Core control & engagement	
	Lower chest to floor Power back up to plank position (squeeze chest & lats) Engage the core keeping straight body line					Pectoral engagement Lower back control & engagement	
	 Engage the core keeping straight body line 				Deltoids Pectorals	Toned Abs Solid body base & posture	
						Reduce lower back pain	
					Rectus abdominis Transverse abdominis	Protects against neck pain Breathing control	
Push Ups Wide		10	1	Flow	Core engagement		
	 Set knees below hips and hands in front of shoulders Drive hips back, straighten legs & push heels to floor 					Shoulder stability Scapular positioning & control	
	 Irradiate throughout the body (50%) 						
	 Abduct scapulas, shoulder stability & core engagement Slowly lower head to the floor 					Bicep & tricep engagement	
	 Power back up to inverted V position & exhale (shoulder stability & 				Deltoids	Lower back control & engagement	
	control)				Pectorals Biceps & Triceps	Toned Abs Solid body base & posture	
					Erector spinae Rectus abdominis	Reduce lower back pain	
					Transverse abdominis	Protects against neck pain Breathing control	
Down Dog Push Ups		10	1	Flow	Core engagement	···· •	

Once you feel safe & comfortable with 5 reps move onto the next						
progression		REPS Once you feel safe & comfortable: - 6 reps - 6 seconds hold			MUSCULAR	
PULL UP PROGRESSIONS	COACHING CUES	- 5 seconds hold = Fly onto the next progression	FLIGHTS			BENEFITS
					Stengthen: Dehods Rotator util muscles Seratus anterior Glute engagement Cotigues Torges Rombolds Rombolds Trapezius Latissimus Dorsi Pectorats	
	- Set AFB straps shoulder width spart, place hands on the inside of the AFB straps, gab lightly above the loop onto the straps A keep oblows and the straps and the straps of the straps and the straps of the stra	Max hold	3	30 - 80 seconds	Passatily- nocidate (clashitation 8 strength through distance RCM). If & Broars and hometings in pile position Grip tempt, Foreams Passatil Passatility (Clashitation	Understanding AFB Fly Hang Scapular problems & control Core onthe & enginement Care partners & control Care partners & control Breathing control
					Stengthen: Deholds Rotator cull muscles Seratus antelor Gole engagement Obliques Ricop & Triceps Ricop & Triceps Rhombolds Trapezius Latissimus Dorsi Pectorats	
	- Set body into Fly Hang height (mid point between scapula elevation &				Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position <i>Grip strength: Forearms</i> Flexors: Politicis longus (thumb flexor) Flexor (diptorus superficialits and flexor	
	expression) or naing rangin (nu) para terminan suppose tervision are observed to the suppose of the suppose tervision of the suppose tervision of straight bundler alignment, no cage down and slowly lift feet off the local Engrade during and depress (lower) the scapular a thoulder strugs relating to the suppose tervision of the strug (lum lift fingers towards body) - Solit control tervision of the strug (lum lift fingers towards body) - Solit control tervision	10 reps	3	30 - 90 seconds	reko digitorum rokentaans and reko digitorum prolindus (all finger fexors) Extensors: Extensor digiti minim (pinky finger extender) Extensor digiti minim (pinky finger extender) Extensor indicis (index finger extender)	Shoulder stability Scayular positioning & control Care control & engagement Care participants & engagement Care participants & notations Care participants & contains And and a stability of the Rectar Swart Scay and And Breathing control

	 Set AFB stops shoulder width apert, place hands on the inside of the AFB stops, gath bigfly above the loop onto the stop & keep above stops. White a stop is a stop of the stop and the stop of the stop of the stop of the stop of the stop of the stop of above stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of of the floor. Events the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of output of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the construction is a should of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the stop of the construction is a should of the stop of th				Serepter: Detroits Rotter call mades Contrast allerion Contengagement Contengagement Contengagement Contengagement Detroits Receboals Trapectar Proceeding Proceding Pro	Understanding AFB Try Hang' Scapular positioning & control Cover back control & engagement Lower back control & engagement Solid body back posture	
					extender) Extensor indicis (index finger extender)	Reduce lower back pain Breathing control	
Fly Hang Wrist Rotations	- Short controlled breaths	20 reps ttl	3	30 - 90 seconds	Extensor digitorum (all finger extender)		
	 From standing (or hanging position with feet on floor) leg press into the put is position Engage through shoulders & lats to put d'un to strap height (neutral head position) Standy (neutral shoulders & lats to put d'un to strap height (neutral les fingers towards tody) Standy (neutral shoulders & support to the shares Standy (neutral shoulders & support to the shares) Standy (neutral shoulders & support to the shares 				Sinenghen Dehicka Benkala Senata anterior Galaxe seguenent Calepas Benkala Response Response Response Resolution Robating Robatin	Understanding AFB Try Hang' Socialer stability Core control & Rengement Strengthen Lise, picci regis & Society Maxie endurance Social body base & postare Social body base & postare Branshing control and	
Assisted Pull Ups	Options: Use bench or resistance band	5 reps	3	30 - 90 seconds	Extensor digitorum (all finger extender)		
					Steraffen: Dethods Rotator cull muscles Seratus anteior Glube engagement Octoprogram Biogo & Triegos Rinop & Triegos Rinopolds Trapezius Latissimus Dorsi Pectorals		
here Bull Inc.	- From standing (or hanging position with feet on floor) jump into the pull - Engage through shoulders & last to pull chin to strap height (neutral head position) - Externally cratter shoulders & supprise forearms as you pull up (tum - Solver) proved four housed shoulder shoulder adjument to by hang position - Externally on through shraight shoulder adjument to by hang position	5 mm		10 - 90 zeronofe	Pacability Roll A shoulders (tablitation & strength through different RCM) (by faces: and humstings in pike position Grig strength, Foreames Places: Places: Places: Places: A should be and the should be placed by the should be and places and places and places and places and p	Understanding AFB Try Hang' Shoulder stability Scoular gradioning & control Storghen lass, post-space Abrops Grap strength & chattors Grap strength & chattors Storghen Lass, post- and the stability of the story Reduce tower back pant Brasting control	
Jump Pull Ups	up position - Engage through shoulders & lats to pull chin to strap height (neutral head position) - Externally rotate shoulders & supinate forearms as you pull up (turn little fingers towards body) - Slowly lower down through straight shoulder alignment to fly hang	5 mps	3	30 - 90 seconds	Rolf in induction (stabilisation is strength imaging different (Char), in pike position Grap strength, Foreamus Places of partnersh, Foreamus Places of partnersh, Foreamus Places of partnersh, Foreamus Places of places in places and herein (function) Extensions Extensions Extensions Extensions Extensions Extension of places in place and herein (function) Extension of places in place and herein Extension of glasmini (pike) forger extended) Extension of glasmini (place) forger Extension of	Shoulder stability Scapular positioning & control Core control & engagement Strengthen lats, pecs, traps & biceps Grip strength & rotations Muscle endurance Solid body base & posture	
Jump Pull Ups	up position - Engage through shoulders & lats to pull chin to strap height (neutral head position) - Externally rotate shoulders & supinate forearms as you pull up (turn liftle fingers towards body) - Solwy (lower down through straight shoulder alignment to fly hang	5 mps		20 - 50 seconds	Rold in induction (stabilisation & strength Rold in induction (stabilisation & strength Planta) and the strength Planta) and strength strength Planta) and strength strength Planta) and strength strength Planta) and strength Rold in a strength Planta) and strength Planta)	Shoulder stability Scapular positioning & control Core control & engagement Strengthen lats, pecs, traps & biceps Grip strength & rotations Muscle endurance Solid body base & posture	
Jump Pull Ups - 5 Seconds Eccentric Lowering	 Prism advances & bits by pail on to strap height (neutral head position) E. Bernahy rotates analysis of the pail pain of the pail pain of the pain o	5 reps	3	20 - 50 (seconds	Robh in induction (sublishation is sheep booking) Robh in induction (sublishation is sheep booking) Resource in the second sec	Understanding AFB Try Hang' Grouder stability Condensated and a spectra Bareghen Mar, poor, taps & Biologa Marake endurance South condy bare & pooter South condy bare & pooter Breathing control Understanding AFB Try Hang' Shoulder stability Shoulder stability	
	- From standing (or hanging position with feet on floor) jump into the pull is for a straight to go the pull up and initiate straight (neutral head position) From standing (or hanging position with feet on floor) jump into the pull is for a straight to go the pull up and initiate as you lover down Options: Tuck, pile or straight teg pull ups From standing (or hanging position with feet on floor) jump into the pull is fragment to go the pull up and initiate as you lover down Options: Tuck, pile or straight teg pull ups From standing (or hanging position with feet on floor) jump into the pull is fragment to go the pull up and initiate as you lover down Options: Tuck, pile or straight teg pull ups From standing (or hanging position with feet on floor) jump into the pull is fragment to go the pull up and initiate as you lover down Options: Tuck, pile or straight teg pull ups From standing (or hanging position with feet on floor) jump into the pull is fragment to pull up of the pull up and the pull up to the pull up From standing (or hanging position with feet on floor) jump into the pull is fragment to pull up of the pull up to the pull up From standing (or hanging position with feet on floor) jump into the pull - Except on top of the pull up and on the pull up to the pull up From standing (or hanging position with feet on floor) jump into the pull - Except on top of the pull up and on the pull up to the pull up From standing (or hanging position with feet on floor) jump into the pull - Depandent on the pull up and the pull up From standing (or hanging position with feet on floor) jump into the pull - Depandent on the pull up and the pull up From standing (or hanging position with feet on floor) jump into the pull - Depandent on the pull standing tabulate the pull up From standing (or hanging position with feet on floor) jump into the pull - Depandent of the pull up and the pull up Fr		3		Robh in induction (sublishation & strength We became and beams in pike position Grip strength: Foreams Paron: Paro	Shoulder stability Concerning AFE Try Hang' Strengthen Mar, pool Concerning AFE Try Hang' Strengthen Mar, pool Should and Should AFE Try Hang' Should and Should AFE Try Hang' Should and Should AFE Try Hang' Should AFE T	

					Development Rotation of insubes Bothios Bothios Contengagement Oblight Rostrobos Rostrobos Rostrobos Rostrobos Rostrobos Rostrobos Rostrobos Recotalio Piecobilio Pie		
Puli Ups 1/2 Way	From standing (or lower position) pull up to the 1/2 way height (high as to call), a compare through those of the star height (neutral head position). The start height (neutral from the start height (high as from the start height (high as the from the start height (hight height height (hight height heigh	10 reps	3	30 - 90 seconds	Grip strength: Forearms Platars Platars Platars Platars Platars Platars Platars Platars Biological Constant Platerson Calificities Longus and Drevis (Humb Caterson C	Understanding AFB Fly Hang' Shoulder stability Scapular positioning & control Core control & angagement Strengthen tats, pices, trags & bioeps Musice endurances Solid body base & posture Reduce lover back pain Breathing control	
					Stengthen: Dehods Rotator cull muscles Seratus anterior Glute engagement Care engagement Discy & Trops Rhombolds Trapezius Latissimus Dorsi Pectorats		
Puli Ups 1/2 Kold	- From standing (or tower position) pull up to the 1/2 way height & hold (high as you can) - Engage through shoulders & late to pull chin to strap height (neutral - Endership et al. (high the strap height (neutral tills fingers towards todd) - Enders towards todd) - Enders or tag of the pull up and inhele as you lower down. - Collows : Tok-Jake or straight lap all up and - Collows : Tok-Jake or straight lap all up and	Max hold	3	30 - 90 seconds	Pacability-includers (stabilisation 8, strength through different RCM) (He flown and Notaming in pile pacation Grip through Foreams Pacates: Pacate	Understanding AFB Typ Hang' Shoulder stability Shoulder stability Shoulder stability Grip strengthen also, positions Grip strength a rotations Grip strength a rotations divid body tasks shoulder Reduce lower bank pain Breakting control mething control	
					Strengthen: Deltoids Retator cult muscles Serata antietor Core engagement Colequet Borg & Triceps Trapecus Latissimus Corsi Pectorals		
Pull Ups % Way Hold Tempos	- From standing (or lower position) pull up to the 1/2 way height & hold (high as you can) 	10 tempos	3	30 - 90 seconds	Processing Processing Processing Constraints of the second Processing Procesing Processing	Understanding AFB Try Hang Socialer examin, Core control & engagement Core control & engagement Muscle endrance Muscle endrance and Schröter and & pediate Breathing control	
					Strengthen: Debtods Rotator cull muscles Seratus anterior Glute engagement Dice engagement Dices & Tropps Rhombolds Trapezius Latissimus Dorsi Pectorals		
Pull Ups Tuck Position	Begin in fly hang position with core engaged and legs in tack position Engage through shoulders & late is puid chin to strap height (neural Decarrage) robust costs & sporties forewarms as you puid up (Jun Itte Forgers towards tod) Solvy (Iver tada down through straight body and shoulder alignment Endate or tog of the puid ge and inhele as you lower down. Options: Tuck, pile or straight flop aligue paid Poster or tog of the puid ge and inhele as you lower down. Options: Tuck, pile or straight flop aligue paid Poster or tog of the puid ge and inhele as you lower down. Options: Tuck, pile or straight flop aligue paid Poster or tog of the puid ge and inhele as you lower down. Options: Tuck, pile or straight flop aligue paid Poster or tog of the puid ge and inhele as you lower down. Options: Tuck, pile or straight flop aligue paid Poster or tog of the puid ge and inhele as you lower down. Options: Tuck, pile or straight flop aligue paid Poster or the puid ge and the puid ge and togs and the puid ge and togs and the puid ge and togs and togs Poster or togs and the puid ge and the puid ge and togs Poster or togs and togs Poster or	10 reps		30 - 90 seconds	Packally- nocidan (skalitation & strength through distance (CAL)) (Fig Benora and hanning in pile packato (Fig Benora and hanning in pile packato (Fig Benora) Packato Packato Packato Packato Packato Data (Fig Benora) Packato Packato Data (Fig Benora) Packato Data (Fig Benora) Packato Data (Fig Benora) Packato Data (Fig Benora) Packato (Fig Ben	Understanding AFB Tily Hang' Shoulder stability Scapular positioning & control Servergham Max positions and Grip strength & rotations Maxies enshared and Reduce issues hank pain Breathing control Breathing control	
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	 Begin in III have gostion with core engaged and legs in tuck position Engage in travel; the built of the built is the part (text) Extendity retack shoulders & suprised ensemes as you put to (turn -Size controlled temposit at the top of the put up -Size controlled temposit at the top of the put up -Size controlled temposit at the top of the put up -Size controlled temposit at the top of the put up -Size controlled temposit at the top of the put up -Size controlled temposit at the top of the put up -Size controlled temposities at the size of the top of the put up -Size controlled temposities at the size of the top of the put up -Size controlled temposities at the size of the size				Reschilty ROM in structures (stabilisation & strength impage different (ROM) No fearours are humatings in pike position <i>Grop thereptil</i> , Foreams Places Places digramm specificalis and flear digramm platicular (all tinger flearor) Places digramm specifical in the flear digramm platicular (singer and larger Extensor Extensor Extensor extensor extensor)	Understanding AFB Try Hang Scapable apolition Scapable apolition Strengthen Inst., proc. Trypt & Schopps Macdle Induktore Sold Scotty Jame & posture Sold Scotty Jame & posture Seathing come pairs	
Pull Up Tuck Tempos	opiona. roce, piec or assigning pair opa	10 reps	3	30 - 90 seconds	Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	breating control	

					Severythm: Detroks Rotator of Insudes Rotator of Insudes Core engagement Ooken and the Core engagement Ooken and the Core engagement Processing and the Core of Core Resonance		
Pull Up Tuck Hold	Begin in fly hang position with core engaged and tags in fact position - Engage through shoutkers & last to juit clim to strap height (neutral head position) - Exempt relative sources a supervise the position of the posit	10 reps	3	30 - 90 seconds	Hip flexors and humstings in pike position Grip strength; Foreams Plexors: Plexor diplorum superficults and flexor diplorum profunds (all finger flexors) Extensors: Extensors) Extensors (all finger flexors) Extensors (all finger flexors) Extensors (all finger flexors) Extensors (all finger catender) Extensor (all finger catender)	Understanding AFB Fly Hang' Shoulder stability Scepular positioning & control Core control & Rengement Designment Grip strength & rotations Muscle endarance Solid body tase & posture Reduce lower back, pan Breathing control	
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Strict Pull Ups Logs Straight	Begin in fly hang position with core engaged and legs straight in pike position. Through shoulders & latis to puil chin to strap height (neutral head position) - Edermatry crate shoulders & augurate forearms as you puil up flum its flower thank down through straight tooly and shoulder alignment by hang position. Due to all a part of head as you lover down. Options: Tuck, pike or straight leg puil ups	Max reps	3	30 - 90 seconds	Acadity, a clubitston & strength through different RCAI) of the horar and horaring is pile poolen drip directly. Foreams Pacing the strength of the strength Pacing through the strength of the diptorum profiles target and thereis diptorum profiles target and three extension extension extension clubits and the strength of the strength extension extension.	Understanding APB Fily Hang' Sociade positioning & control Care control & engagement Strengthen site, control & engagement Mascle endrances Social kondy taxes & position Breathing control	
					Strengthen: Debute Debute Seratus anterior Clube engagement Octor engagement Biosp & Troops Phorebods Tatasiana Dorsi Pectorais Fissibility		
Pull Ups Strict Tempos - 1/2 way	Begin in fly hang position with core engaged and legs straight in pike position Forgage through shoulders & fails to pull chin to strap height (neutral head position) Edentary instance.coulders & superiorate forearms as you pull up (turn Edentary instance.coulders & superiorate forearms as you pull up (turn Edentary instance.coulders & superiorate forearms as you fue of turn Edentary instance.coulders & superiorate forearms and the superior Edentary instance.coulders & superiorate forearms and the superior Edentary instance.coulder and the superior of the pull up of Edentary to pull a contrainte as you locker down. Options: Tuck, pike or straight leg pull ups	Max reps	3	30 - 90 seconds	nOUL in providers (stabilisation As strength through officent (AON) Hig Rescars and hamatings in pile position Grip attrength. Foreismes Positiss and an another and the strength of the Positiss language (all higher filescore) Extensions Extensions Extensions Extension policy and threvis (thumb extension) Extension (piles in signal filescore filescore extension) Extension (pilescore filescore extender) Extension (pilescore filescore extender)	Understanding AFB Try Hang' Shoulde stability Shoulde stability Core control & engigement Josephility (Should Bergen Group strength A cottorions Muscle endurance Stability (Should Bergen Stability) (Should Bergen Breathing control	
					Steenghen: Debeloka Robator uill muscles Sorratus anterior Gluice engagement Cole engagement Bioro A Trops Rhombolds Trapezius Latisarius Doral Pectorais		
Strict Pull Ups - 5 second Eccentric Lowering	Begin in fly hang position with core engaged and legs straight in pike pastion pastion. Through straiders & lats to pull chin to strap height (neutral honor through) straiders & lats to pull chin to strap height (neutral line fragers lower dood), which wild denotes the stappat to the flat fragers lower dood), which wild denotes the stappat to the -Sisker to constitution (lower task down on a 5 second court through assignt body and studies alignment to flat yang position. -Sisker to constitution (lower task down on a 5 second court through assignt body and studies alignment to flat yang position. -Sisker to constitution (lower task down on a 5 second court through assignt body and studies alignment to flat yang position. -Sisker to straight leg pull ups	5 reps		30 - 90 seconds	Anexaity: ADM in shoulders (stabilisation & strength through officent RCM) (b) factors and binnings in pile position Grip atterght, Foreams Pacies: Pacies: Strength, Foreams Agroum yorknoise, all fight factors) Extension Strength and the strength of the strength atteraction and thread (thread extension) Extension and thread (thread extension) Extension and thread (thread extender) Extension (tables thread extender) Extension (tables thread extender)	Understanding AFB F1y Hang Bolgular position (account of angegenetic through the start of the start Macde endurance Social body tase & jostine Macde endurance Social body tase & jostine Breathing control	
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Pull Up Max Hold	Begin in fly hang position with core engaged and legs straight in pike position I corpus ensuigh straidsers & latis to pull chin to strap height and hold I colorent and the straight of the straight of the straight of the In the straight of the straight of the straight of the straight of the In the straight of the straight of the straight of the straight of the In the straight of the straight of the straight of the straight of the In the straight of the straight of the straight legs of the straight legs of the In the straight legs of the straight legs pull up in the In the straight legs pull up in the straight legs pull up in the In the straight legs pull up in the straight legs pul	Max hold	3	30 - 90 seconds	Albeitige Albeitige	Understanding AFB THy Hang' Shudder stability Core control & engagement Unregether situ, cores, range & Alcaps Birengther situ, cores, range & Alcaps Strengther situ, cores, range & Alcaps Strengther situ, cores, range & Alcaps Strengther situ, cores, range & Alcaps Birengther situ, cores,	

					Strengthen: Deltoids		
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			l .		Glute engagement Core engagement		
			l .		Obliques Bicep & Triceps		
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			l .		Latissimus Dorsi Pectorals		
			l .				
			1		Flexibility		
			1		Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position		
			1				
			l .		Grip strength; Forearms		
	 Begin in fly hang position with core engaged and legs straight in pike position 		l .		Flexors: Pollicis longus (thumb flexor)	Understanding AFB 'Fly Hang'	
	 Engage through shoulders & lats to pull chin to strap height (neutral head position) 		1		Plexors: Policis longus (thumb flexor) Plexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control	
	 Engage through shoulders & latis to pull chin to strap height (neutral head position) Externally rotate shoulders & supirate forearms as you pull up (turn little fingers towards body) Slow controlled tempos at the top of the pull up Slow controlled tempos at the top of the pull up Slow for a back down through straight body and shoulder alignment to fly hang position 		l .		Extensors:	Core control & engagement Strengthen lats, pecs, traps & biceps Grip strength & rotations	
	 Slow controlled tempos at the top of the pull up Slowly lower back down through straight body and shoulder alignment 		l .		Extensor policis longus and brevis (thumb extender)		
	Slowy lower back down inrough straight body and shoulder alignment to fly hang position Exhale on top of the pull up and inhale as you lower down. Options: Tuck, pike or straight leg pull ups		1		Extensor digiti minimi (pinky finger extender)	Solid body base & posture Reduce lower back pain	
Pull Ups Strict Tempos	Options: Tuck, pike or straight leg pull ups	Max reps	3	3 30 - 90 seconds	Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Breathing control	
			1		Strengthen: Deltoids Rotator cuff muscles		
			l .		Detioids Rotator cuff muscles Serratus anterior Glute engagement		
			1		core engagement		
			1		Obliques Bicep & Triceps Rhomboids		
			i -		Trapezius Latissimus Dorsi Pectorals		
			i -		Pectorals		
			i -		Flexibility:		
			i -				
			i -		through different ROM) Hip flexors and hamstrings in pike position		
			i -		Grip strength; Forearms		
	- Begin in fly hang position with core engaged and legs straight in pike		i -		Flexors: Pollicis longus (thumb flexor)	Understanding AFB 'Fly Hang'	
	- Power through shoulders & lats and pull up 1/2 way - all the way - 1/2		i -		Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability Scapular positioning & control	
	way and back to fly hang height		i -		Extensors	Core control & engagement Strengthen lats, pecs, traps & biceps	
	- Stowly lower back down through straight body and shoulder alignment to fly hang position		i -		Extensor policis longus and brevis (thumb extender) Extensor digiti minimi (pinky finger	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control Core control & engagement Strengthen laks, peos, trapa & biceps Grip strengthe laks, peos, trapa & biceps Muscle endurance Solid body base & posture Reduce lawer back pain	
			i -				
Pull Up 1/2 Way - Full Pull Up - 1/2 Way - Fly Hang	Options: Tuck, pike or straight leg pull ups	5 reps	3	3 30 - 90 seconds	Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Breathing control	
					Strengthen:		
			1		Deltoids Rotator cuff muscles		
			l .		Serratus anterior Glute engagement Core engagement		
			1		Core engagement Obliques		
			1		Obliques Bicep & Triceps Rhomboids		
			1		Trapezius Latissimus Dorsi		
			1		Pectorals		
			l .		Flexibility:		
			1		ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position		
			1				
	- Begin in fly hang position with core engaged and legs straight in pike		l .		Grip strength; Forearms		
	position - Power through shoulders & lats to pull chin to strap height and move from side to side (aim to get chin next to strap keeping neutral head		1		Flexors: Pollicis longus (thumb flexor)	Understanding AFB 'Fly Hang'	
			1		Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control	
	Externally rotate shoulders & supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help		1		Extensors:	Core control & engagement Strengthen lats, pecs, traps & biceps Grip strength & rotations	
	 Sternary total: should be adjusted to depress the scapula to help engage the lats Slowly lower back down through straight body and shoulder alignment 		1		Extensor policis longus and brevis (thumb extender)		
	to fly hang position - Short controlled breaths keeping irradiated throughout body 50% Options: Tuck, pike or straight leg pull ups		1		Extensor digiti minimi (pinky finger extender)	Solid body base & posture Reduce lower back pain Breathing control	
Pull Up Side To Side	Options: Tuck, pike or straight leg puil ups	10 reps	3	3 30 - 90 seconds	Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Breatning control	
					Strengthen:		
			i -		Deltoids Rotator cull muscles		
			i -		Serratus anterior Glute engagement		
			i -		Core engagement Obliques Bicep & Triceps		
			i -				
			i -		Trapezius Latissimus Dorsi Pectorals		
			i -		n conordib		
			i -		Flexibility: ROM in shoulders (stabilisation & strength		
			i -		ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position		
			i -		Grip strength; Forearms		
	- Begin in fly hang position with core engaged and legs straight in pike		i -		Element		
	position - Engage through shoulders & lats to circle body and chin to strap height		i -		Policis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang' Shoulder stability	
	(neutral head position) - Externally rotate shoulders & supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help		i -		digitorum profundus (all finger flexors)	Scapular positioning & control Core control & engagement Strengthen lats, pecs, traps & biceps Grip strength & rotations	
	engage the lats		i -		Extensors: Extensor policis longus and brevis (thumb	Strengthen lats, pecs, traps & biceps Grip strength & rotations	
	Slowly lower back down through straight body and shoulder alignment to fly hang position Short controlled breaths keeping irradiated throughout body 50%		i -		extender) Extensor digiti minimi (pinky finger	Muscle endurance Solid body base & posture Reduce lower back pain	
Full Circle Batetion Bull Une	Short controlled breaths keeping irradiated throughout body 50% Options: Tuck, pike or straight leg pull ups	6 mm	-	20 00 second	extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Reduce lower back pain Breathing control	
Full Circle Rotation Pull Ups		5 reps	3	3 30 - 90 seconds			
					Strengthen: Deltoids		
			i -		Rotator cuff muscles Serratus anterior		
			i -		Glute engagement Core engagement		
			i -		Obliques Bicep & Triceps		
			i -		Rhomboids Trapezius Latissimus Dorsi Pectorals		
			i -		Pectorals		
			i -		Elevibility		
			i -		Flexibility: ROM in shoulders (stabilisation & strength through different ROM)		
			i -		through different ROM) Hip flexors and hamstrings in pike position		
			i -		Grip strength; Forearms		
			i -		Flexors: Pollicis longus (thumb flexor)	Understanding AFB 'Fly Hang'	
1	- Begin in fly hang position with core engaged and legs straight in pike		i -		Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulde statisting very Fry Faing Shoulde statisting Scapular positioning & control Core control & engagement Strengthen lats, pecs, traps & biceps Grip strength & rotations Muscle endurance	
		1	(1		Core control & engagement	
	position		ļ.		Extensors:		
	position				Extensors: Extensor policis longus and brevis (thumb extender)	Grip strength & rotations Muscle endurance	
	position - Leg lift to inverted position - Externally rotate shoulders & supinate forearms as you pull hips to straps level (um liftle fingers towards body) - Slowly lower back down to inverted pike position - Short controlled breaths kereonia inradiated throughout body 50%				extender) Extensor digiti minimi (pinky finger extender)	Solid body base & posture Reduce lower back pain	
Inverted Pull Ups	position - Leg lift to inverted position - Exernally notate shoulders & supinate forearms as you pull hips to straps level (unn lift ingres towards body) straps level (unn lift ingres towards body) - Short controlled breaths keeping irradiated throughout body 50% Obtions: Tuck, kine or straint the outil ups	10 reps	3	3 30 - 90 seconds		Strengthen tabs, pecs, usp's & usep's Grip strength & rotations Muscle endurance Solid body base & posture Reduce lower back pain Breathing control	

					Stengthen: Debioids Rotator cull muscles Seratus anteior Cule engagement Odiapues Bicep & Tricepis Ricep & Tricepis Ricepa Tricepis Rhombolds Trapezius Latissmus Dorai Pectorals		
					Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms		
	 Begin in hy hang position with once engaged and legs straight in pixel position. Boyd and the straight index of the straight (index) has position (index) and the straight (index) and the position (index). Externally rotate thoulders & signation foremains as you put to thum itse foregoes towards body, which will depress the straight in help straight (index). Solvey load: back down through straight (index) and shoulded and the hy hang position. Solvey load: back down through straight (index) and should dem. 				Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) Extensor policis longus and brevis (thumb extender) Extensor digiti minimi (pinky finger extender) Extensor indicis (index finger extender)	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control Core control & engagement Strengthen lats, pecs, traps & biceps Grip strengt & rotations Muscle endurance Solid body base & posture Reduce lower back pain Breathing control	
Challenge = Weighted Pull Ups Strict		Max reps	3	30 - 90 seconds	Extensor digitorum (all finger extender)		4