



**Pull Up Progression Tutorial**

*\*Our 'Pull Up' progressions can be interlinked with our AFB specialised programs  
\*Recommendation = 3 x week*

**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  
\*Maintain scapula & humeral head position (shoulders down & back)  
- Don't break on the back & ease ribs cage as you pull  
\*Maintain engaged core & keep ribs down and in

**FLOOR 2 FLY WARM UP**

Specific movement patterns & muscular engagements to then fly on our AFB straps.

| FLOOR EXERCISE            | COACHING CUES  | REPS<br>(adjust to personal needs) | FLIGHTS<br>(adjust to your personal warm up needs) | REST<br>(adjust to personal needs) | MUSCULAR ENGAGEMENTS   | BENEFITS  |
|---------------------------|--|------------------------------------|--|------------------------------------|--|---|
| Plank Holds               | - Begin in plank position<br>- Irradiate (tension) throughout the body (50%)<br>- Place hands under shoulders & shoulder width apart<br>- Keep straight body line (neutral neck & spine), engage core (pull belly button to spine & squeeze glutes) & up on toes<br>- Controlled breathing<br>*Option: Hold on hands or elbows               | Max Holds                          |  | 1 Flow                             | Deltoids<br>Erector spinae<br>Rectus abdominis<br>Transverse abdominis<br>Core engagement                                  | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Lower back control & engagement<br>Toned Abs<br>Solid body base & posture<br>Reduce lower back pain<br>Breathing control   |
| Scapula Push Ups - Hands  | - Begin in plank position on hands<br>- Irradiate throughout the body (50%)<br>- Keep shoulders over the hands and head neutral<br>- Push the floor away in the shrug<br>- Controlled protraction & retraction of scapular<br>- Engage the core keeping straight body line   |                                    | 10   | 1 Flow                             | Serratus Anterior<br>Deltoids<br>Erector spinae<br>Rectus abdominis<br>Transverse abdominis<br>Core engagement             | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Lower back control & engagement<br>Toned Abs<br>Solid body base & posture<br>Reduce lower back pain<br>Protects against neck pain<br>Breathing control   |
| Scapula Push Ups - Elbows | - Begin in plank position on hands<br>- Irradiate throughout the body (50%)<br>- Keep shoulders over the hands and head neutral<br>- Push the floor away in the shrug<br>- Controlled protraction & retraction of scapular<br>- Engage the core keeping straight body line   |                                    | 10   | 1 Flow                             | Serratus Anterior<br>Deltoids<br>Erector spinae<br>Rectus abdominis<br>Transverse abdominis<br>Core engagement             | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Lower back control & engagement<br>Toned Abs<br>Solid body base & posture<br>Reduce lower back pain<br>Protects against neck pain<br>Breathing control   |
| Push Ups Narrow           | - Begin in plank position on hands<br>- Irradiate throughout the body (50%)<br>- Lower chest to floor<br>- Power back up to plank position (squeeze chest & triceps)<br>- Engage the core keeping straight body line   |                                    | 10   | 1 Flow                             | Deltoids<br>Pectorals<br>Triceps<br>Erector spinae<br>Rectus abdominis<br>Transverse abdominis<br>Core engagement          | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Triceps engagement<br>Lower back control & engagement<br>Toned Abs<br>Solid body base & posture<br>Reduce lower back pain<br>Protects against neck pain<br>Breathing control                               |
| Push Ups Wide             | - Begin in plank position on hands<br>- Irradiate throughout the body (50%)<br>- Place hands in wide push up position<br>- Lower chest to floor<br>- Power back up to plank position (squeeze chest & lats)<br>- Engage the core keeping straight body line  |                                    | 10   | 1 Flow                             | Deltoids<br>Pectorals<br>Biceps & Triceps<br>Erector spinae<br>Rectus abdominis<br>Transverse abdominis<br>Core engagement | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Pectoral engagement<br>Lower back control & engagement<br>Toned Abs<br>Solid body base & posture<br>Reduce lower back pain<br>Protects against neck pain<br>Breathing control                              |
| Down Dog Push Ups         | - Set knees below hips and hands in front of shoulders<br>- Drive hips back, straighten legs & push heels to floor<br>- Irradiate throughout the body (50%)<br>- Abduct scapulas, shoulder stability & core engagement<br>- Slowly lower head to the floor<br>- Power back up to inverted V position & exhale (shoulder stability & control) |                                    | 10   | 1 Flow                             | Deltoids<br>Pectorals<br>Biceps & Triceps<br>Erector spinae<br>Rectus abdominis<br>Transverse abdominis<br>Core engagement | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Bicep & Tricep engagement<br>Pectoral engagement<br>Lower back control & engagement<br>Toned Abs<br>Solid body base & posture<br>Reduce lower back pain<br>Protects against neck pain<br>Breathing control |

Once you feel safe & comfortable with 3 reps move onto the next progression

| PULL UP PROGRESSIONS                              | COACHING CUES  | REPS<br>Once you feel safe & comfortable:<br>- 5 reps<br>- 5 seconds hold<br>- Fly onto the next progression | FLIGHTS | REST<br>(adjust to personal needs) | MUSCULAR ENGAGEMENTS  | BENEFITS  |
|---|--|--|---------|------------------------------------|---|---|
| Fly Hang (max hold)                               | - Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab tightly above the loop onto the strap & keep elbows straight<br>- Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger towards = shoulder external rotation & forearm supination)<br>- Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor<br>- Elevate the shoulders into a shoulder shrug (scapula elevation into scapula depression) and then slowly lower halfway down into a comfortable hanging position; this is your FLY HANG height<br>- Short controlled breaths | Max hold   |         | 3:30 - 90 seconds                  | Strength:<br>Deltoids<br>Rotator cuff muscles<br>Serratus anterior<br>Glute engagement<br>Core engagement<br>Obliques<br>Bicep & Triceps<br>Rhomboids<br>Trapezius<br>Latissimus Dorsi<br>Pectorals<br><br>Flexibility:<br>ROM in shoulders (stabilisation & strength through different ROM)<br>Hip flexors and hamstrings in pike position<br>Grip strength: Forearms<br><br>Flexors:<br>Pollicis longus (thumb flexor)<br>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)<br><br>Extensors:<br>Extensor pollicis longus and brevis (thumb extender)<br>Extensor digiti minimi (pinkie finger extender)<br>Extensor indicis (index finger extender)<br>Extensor digitorum (all finger extender) | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Lower back control & engagement<br>Grip strength & rotations<br>Solid body base & posture<br>Reduce lower back pain<br>Breathing control |
| Scapula Pull Ups (Scapula Elevation & Depression) | - Set body into Fly Hang height (mid point between scapula elevation & depression)<br>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down and slowly lift feet off the floor<br>- Engage delta, lats and the core<br>- Elevate (shrug) and depress (lower) the scapula = shoulder shrugs<br>- Externally rotate shoulders & supinate forearms on the shrug (turn little fingers towards body)<br>- Short controlled breaths   | 10 reps  |         | 3:30 - 90 seconds                  | Strength:<br>Deltoids<br>Rotator cuff muscles<br>Serratus anterior<br>Glute engagement<br>Core engagement<br>Obliques<br>Bicep & Triceps<br>Rhomboids<br>Trapezius<br>Latissimus Dorsi<br>Pectorals<br><br>Flexibility:<br>ROM in shoulders (stabilisation & strength through different ROM)<br>Hip flexors and hamstrings in pike position<br>Grip strength: Forearms<br><br>Flexors:<br>Pollicis longus (thumb flexor)<br>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)<br><br>Extensors:<br>Extensor pollicis longus and brevis (thumb extender)<br>Extensor digiti minimi (pinkie finger extender)<br>Extensor indicis (index finger extender)<br>Extensor digitorum (all finger extender) | Shoulder stability<br>Scapular positioning & control<br>Core control & engagement<br>Lower back control & engagement<br>Grip strength & rotations<br>Solid body base & posture<br>Reduce lower back pain<br>Breathing control |

|  |   |             |  |   |  |
|--|---|-------------|--|---|--|
|  | <ul style="list-style-type: none"> <li>- Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab lightly above the top onto the strap &amp; keep elbows straight</li> <li>- Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger inwards = shoulder external rotation &amp; forearm supination)</li> <li>- Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor</li> <li>- Elevate the shoulders into a shoulder shrug (scapula elevation into scapula depression) and then slowly lower halfway down into a comfortable hanging position, this is your FLY HANG height</li> <li>- Rotate wrists into supinated and pronated grip (shoulder external &amp; internal rotation)</li> <li>- Short controlled breaths</li> </ul> | 20 reps III |  | <p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> </ul> <p>Grip strength: Forearms</p> <p>Flexors:</p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</li> <li>Extensor digiti minimi (pinkie finger extender)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul> | <ul style="list-style-type: none"> <li>Understanding AFB Fly Hang'</li> <li>Shoulder stability</li> <li>Scapular positioning &amp; control</li> <li>Core control &amp; engagement</li> <li>Lower back control &amp; engagement</li> <li>Grip strength &amp; rotations</li> <li>Solid body base &amp; posture</li> <li>Reduce lower back pain</li> <li>Breathing control</li> </ul>                                 |
| Fly Hang Wrist Rotations                     |   |             |  |   |  |
|  | <ul style="list-style-type: none"> <li>- From standing (or hanging position with feet on floor) leg press into the pull up position</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slowly lower down through straight shoulder alignment to fly hang position</li> <li>- Exhale on top of the pull up and inhale as you lower down</li> <li>Options: Use bench or resistance band</li> </ul>   | 5 reps      |  | <p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> </ul> <p>Grip strength: Forearms</p> <p>Flexors:</p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</li> <li>Extensor digiti minimi (pinkie finger extender)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul> | <ul style="list-style-type: none"> <li>Understanding AFB Fly Hang'</li> <li>Shoulder stability</li> <li>Scapular positioning &amp; control</li> <li>Core control &amp; engagement</li> <li>Strengthen lats, pecs, traps &amp; biceps</li> <li>Grip strength &amp; rotations</li> <li>Muscle endurance</li> <li>Solid body base &amp; posture</li> <li>Reduce lower back pain</li> <li>Breathing control</li> </ul> |
| Assisted Pull Ups                            |   |             |  |   |  |
|  | <ul style="list-style-type: none"> <li>- From standing (or hanging position with feet on floor) jump into the pull up position</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slowly lower down through straight shoulder alignment to fly hang position</li> <li>- Exhale on top of the pull up and inhale as you lower down</li> <li>Options: Tuck, pike or straight leg pull ups</li> </ul>   | 5 reps      |  | <p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> </ul> <p>Grip strength: Forearms</p> <p>Flexors:</p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</li> <li>Extensor digiti minimi (pinkie finger extender)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul> | <ul style="list-style-type: none"> <li>Understanding AFB Fly Hang'</li> <li>Shoulder stability</li> <li>Scapular positioning &amp; control</li> <li>Core control &amp; engagement</li> <li>Strengthen lats, pecs, traps &amp; biceps</li> <li>Grip strength &amp; rotations</li> <li>Muscle endurance</li> <li>Solid body base &amp; posture</li> <li>Reduce lower back pain</li> <li>Breathing control</li> </ul> |
| Jump Pull Ups                                |   |             |  |   |  |
|  | <ul style="list-style-type: none"> <li>- From standing (or hanging position with feet on floor) jump into the pull up position</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slowly eccentrically lower back down on a 3 - 5 second count through straight body and shoulder alignment back to fly hang position</li> <li>- Exhale on top of the pull up and inhale as you lower down</li> <li>Options: Tuck, pike or straight leg pull ups</li> </ul>  | 5 reps      |  | <p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> </ul> <p>Grip strength: Forearms</p> <p>Flexors:</p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</li> <li>Extensor digiti minimi (pinkie finger extender)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul> | <ul style="list-style-type: none"> <li>Understanding AFB Fly Hang'</li> <li>Shoulder stability</li> <li>Scapular positioning &amp; control</li> <li>Core control &amp; engagement</li> <li>Strengthen lats, pecs, traps &amp; biceps</li> <li>Grip strength &amp; rotations</li> <li>Muscle endurance</li> <li>Solid body base &amp; posture</li> <li>Reduce lower back pain</li> <li>Breathing control</li> </ul> |
| Jump Pull Ups - 5 Seconds Eccentric Lowering |   |             |  |   |  |
|  | <ul style="list-style-type: none"> <li>- From standing (or hanging position with feet on floor) jump into the pull up position</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height and hold (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help engage the lats</li> <li>- Slowly lower down through straight shoulder alignment to fly hang position</li> <li>- Exhale on top of the pull up and inhale as you lower down</li> <li>Options: Tuck or straight leg pull ups</li> </ul>  | Max hold    |  | <p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> </ul> <p>Flexibility:</p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> </ul> <p>Grip strength: Forearms</p> <p>Flexors:</p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</li> <li>Extensor digiti minimi (pinkie finger extender)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul> | <ul style="list-style-type: none"> <li>Understanding AFB Fly Hang'</li> <li>Shoulder stability</li> <li>Scapular positioning &amp; control</li> <li>Core control &amp; engagement</li> <li>Strengthen lats, pecs, traps &amp; biceps</li> <li>Grip strength &amp; rotations</li> <li>Muscle endurance</li> <li>Solid body base &amp; posture</li> <li>Reduce lower back pain</li> <li>Breathing control</li> </ul> |
| Jump Pull Up Max Hold                        |   |             |  |   |  |

|   |                  |  |                          |  |  |
|---|------------------|--|--------------------------|--|--|
| <p><b>Pull Ups 1/2 Way</b></p> <ul style="list-style-type: none"> <li>- From standing (or lower position) pull up to the 1/2 way height (high as you can)</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slowly lower back down through straight body and shoulder alignment back to fly hang position.</li> <li>- Exhale on top of the pull up and inhale as you lower down.</li> </ul> <p>Options: Tuck, pike or straight leg pull ups</p>   | <p>10 reps</p>   |  | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB 'Fly Hang'<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Pull Ups 1/2 Hold</b></p> <ul style="list-style-type: none"> <li>- From standing (or lower position) pull up to the 1/2 way height &amp; hold (high as you can)</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slowly lower back down through straight body and shoulder alignment back to fly hang position.</li> <li>- Exhale on top of the pull up and inhale as you lower down.</li> </ul> <p>Options: Tuck, pike or straight leg pull ups</p>   | <p>Max hold</p>  |  | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB 'Fly Hang'<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Pull Ups 1/2 Way Hold Tempos</b></p> <ul style="list-style-type: none"> <li>- From standing (or lower position) pull up to the 1/2 way height &amp; hold (high as you can)</li> <li>- Small controlled tempos at the 1/2 way height</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slowly lower back down through straight body and shoulder alignment back to fly hang position.</li> <li>- Exhale on top of the pull up and inhale as you lower down.</li> </ul> <p>Options: Tuck, pike or straight leg pull ups</p> | <p>10 tempos</p> |  | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB 'Fly Hang'<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Pull Ups Tuck Position</b></p> <ul style="list-style-type: none"> <li>- Begin in fly hang position with core engaged and legs in tuck position</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slowly lower back down through straight body and shoulder alignment to fly hang position</li> <li>- Exhale on top of the pull up and inhale as you lower down.</li> </ul> <p>Options: Tuck, pike or straight leg pull ups</p>  | <p>10 reps</p>   |  | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB 'Fly Hang'<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Pull Up Tuck Tempos</b></p> <ul style="list-style-type: none"> <li>- Begin in fly hang position with core engaged and legs in tuck position</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)</li> <li>- Slow controlled tempos at the top of the pull up</li> <li>- Slowly lower back down through straight body and shoulder alignment to fly hang position</li> <li>- Exhale on top of the pull up and inhale as you lower down.</li> </ul> <p>Options: Tuck, pike or straight leg pull ups</p>                                   | <p>10 reps</p>   |  | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB 'Fly Hang'<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |

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|---|--|-----------------|--------------------------|---|---|
| <p><b>Pull Up Tuck Hold</b></p>                             | <p>- Begin in fly hang position with core engaged and legs in tuck position<br/> - Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)<br/> - Hold at the top of the pull up<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Exhale on top of the pull up and inhale as you lower down.<br/> Options: Tuck, pike or straight leg pull ups</p>   | <p>10 reps</p>  | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Oblique<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Strict Pull Ups Legs Straight</b></p>                 | <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help engage the lats<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Exhale on top of the pull up and inhale as you lower down.<br/> Options: Tuck, pike or straight leg pull ups</p>  | <p>Max reps</p> | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Oblique<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Pull Ups Strict Tempo - 1/2 way</b></p>               | <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)<br/> - Slow controlled tempo at the 1/2 way point of the pull up<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Exhale on top of the pull up and inhale as you lower down.<br/> Options: Tuck, pike or straight leg pull ups</p>   | <p>Max reps</p> | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Oblique<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Strict Pull Ups - 5 second Eccentric Lowering</b></p> | <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)<br/> - Power through shoulders &amp; lats to pull chin to strap height (neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help engage the lats<br/> - Fly essentially lower back down on a 5 second count through straight body and shoulder alignment to fly hang position.<br/> - Short controlled breaths keeping inhaled throughout body 50%<br/> Options: Tuck, pike or straight leg pull ups</p> | <p>5 reps</p>   | <p>30 - 90 seconds</p>   | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Oblique<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p><b>Pull Up Max Hold</b></p>                              | <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Engage through shoulders &amp; lats to pull chin to strap height and hold (neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help engage the lats<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Exhale on top of the pull up and inhale as you lower down.<br/> Options: Tuck, pike or straight leg pull ups</p>   | <p>Max hold</p> | <p>3 30 - 90 seconds</p> | <p><b>Strengthen:</b><br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Oblique<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p><b>Flexibility:</b><br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p><b>Flexors:</b><br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |

|  |                 |  |                          |  |   |
|--|-----------------|--|--------------------------|--|---|
| <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)<br/> - Slow controlled tempos at the top of the pull up<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Exhale on top of the pull up and inhale as you lower down.<br/> Options: Tuck, pike or straight leg pull ups</p>  | <p>Max reps</p> |  | <p>3 30 - 90 seconds</p> | <p>Strengthen:<br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p>Flexibility:<br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p>Flexors:<br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:<br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Power through shoulders &amp; lats and pull up 1/2 way - all the way - 1/2 way and back to fly hang height<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body)<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Short controlled breaths keeping irradiated throughout body 50%<br/> Options: Tuck, pike or straight leg pull ups</p>   | <p>5 reps</p>   |  | <p>3 30 - 90 seconds</p> | <p>Strengthen:<br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p>Flexibility:<br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p>Flexors:<br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:<br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Power through shoulders &amp; lats to pull chin to strap height and move from side to side (aim to get chin next to strap keeping neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help engage the lats<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Short controlled breaths keeping irradiated throughout body 50%<br/> Options: Tuck, pike or straight leg pull ups</p> | <p>10 reps</p>  |  | <p>3 30 - 90 seconds</p> | <p>Strengthen:<br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p>Flexibility:<br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p>Flexors:<br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:<br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Engage through shoulders &amp; lats to circle body and chin to strap height (neutral head position)<br/> - Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help engage the lats<br/> - Slowly lower back down through straight body and shoulder alignment to fly hang position<br/> - Short controlled breaths keeping irradiated throughout body 50%<br/> Options: Tuck, pike or straight leg pull ups</p>  | <p>5 reps</p>   |  | <p>3 30 - 90 seconds</p> | <p>Strengthen:<br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p>Flexibility:<br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p>Flexors:<br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:<br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |
| <p>- Begin in fly hang position with core engaged and legs straight in pike position<br/> - Leg lift to inverted position<br/> - Externally rotate shoulders &amp; supinate forearms as you pull hips to straps level (turn little fingers towards body)<br/> - Slowly lower back down to inverted pike position<br/> - Short controlled breaths keeping irradiated throughout body 50%<br/> Options: Tuck, pike or straight leg pull ups</p>  | <p>10 reps</p>  |  | <p>3 30 - 90 seconds</p> | <p>Strengthen:<br/> Deltoids<br/> Rotator cuff muscles<br/> Serratus anterior<br/> Glute engagement<br/> Core engagement<br/> Obliques<br/> Bicep &amp; Triceps<br/> Rhomboids<br/> Trapezius<br/> Latissimus Dorsi<br/> Pectorals</p> <p>Flexibility:<br/> ROM in shoulders (stabilisation &amp; strength through different ROM)<br/> Hip flexors and hamstrings in pike position<br/> Grip strength; Forearms</p> <p>Flexors:<br/> Pollicis longus (thumb flexor)<br/> Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:<br/> Extensor pollicis longus and brevis (thumb extender)<br/> Extensor digiti minimi (pinkie finger extender)<br/> Extensor indicis (index finger extender)<br/> Extensor digitorum (all finger extender)</p> | <p>Understanding AFB Fly Hang/<br/> Shoulder stability<br/> Scapular positioning &amp; control<br/> Core control &amp; engagement<br/> Strengthen lats, pecs, traps &amp; biceps<br/> Grip strength &amp; rotations<br/> Muscle endurance<br/> Solid body base &amp; posture<br/> Reduce lower back pain<br/> Breathing control</p> |

|   |  |          |   |  |  |  |
|---|--|----------|---|--|--|--|
|   | <ul style="list-style-type: none"> <li>- Begin in fly hang position with core engaged and legs straight in pike position</li> <li>- Engage through shoulders &amp; lats to pull chin to strap height (neutral head position)</li> <li>- Externally rotate shoulders &amp; supinate forearms as you pull up (turn little fingers towards body), which will depress the scapula to help engage the lats</li> <li>- Slowly lower back down through straight body and shoulder alignment to fly hang position</li> <li>- Exhale on top of the pull up and inhale as you lower down.</li> <li>Options: Tuck, pike or straight leg pull ups *Weighted</li> </ul> | Max reps |   | <p><b>Strengthen:</b><br/>         Deltoids<br/>         Rotator cuff muscles<br/>         Serratus anterior<br/>         Glute engagement<br/>         Core engagement<br/>         Obliques<br/>         Bicep &amp; Triceps<br/>         Rhomboids<br/>         Trapezius<br/>         Latissimus Dorsi<br/>         Pectorals</p> <p><b>Flexibility:</b><br/>         ROM in shoulders (stabilization &amp; strength through different ROM)<br/>         Hip flexors and hamstrings in pike position<br/>         Grip strength/ Forearms</p> <p><b>Flexors:</b><br/>         Pollicis longus (thumb flexor)<br/>         Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b><br/>         Extensor pollicis longus and brevis (thumb extender)<br/>         Extensor digiti minimi (pinkie finger extender)<br/>         Extensor indicis (index finger extender)<br/>         Extensor digitorum (all finger extender)</p> | <p>Understanding AFB 'Fly Hang'<br/>         Shoulder stability<br/>         Scapular positioning &amp; control<br/>         Core control &amp; engagement<br/>         Strengthen lats, pecs, traps &amp; biceps<br/>         Grip strength &amp; rotations<br/>         Muscle endurance<br/>         Solid body base &amp; posture<br/>         Reduce lower back pain<br/>         Breathing control</p> |  |
| <b>Challenge = Weighted Pull Ups Strict</b> |  |          | 3 | 30 - 80 seconds  |  |  |