

WORKOUT VIDEO LINK  
<https://www.aeralfitnessbodies.com/pull-up-progressions>



**Pull Up Progression Tutorial**

**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

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

**FLOOR 2 FLY WARM UP**

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

FLOOR EXERCISE	COACHING CUES	REPS (adjust to personal needs)	FLIGHTS (adjust to your personal warm up needs)	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Plank Holds	<ul style="list-style-type: none"> <li>- Begin in plank position</li> <li>- Irradiate (tension) throughout the body (50%)</li> <li>- Place hands under shoulders &amp; shoulder width apart</li> <li>- Keep straight body line (neutral neck &amp; spine), engage core (pull belly button to spine &amp; squeeze glutes) &amp; up on toes</li> <li>- Controlled breathing</li> <li>*Option: Hold on hands or elbows</li> </ul>	Max Holds		1 Flow	Deltoids Erector spinae Rectus abdominis Transverse abdominis Core engagement	Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Scapula Push Ups - Hands	<ul style="list-style-type: none"> <li>- Begin in plank position on hands</li> <li>- Irradiate throughout the body (50%)</li> <li>- Keep shoulders over the hands and head neutral</li> <li>- Push the floor away in the shrug</li> <li>- Controlled protraction &amp; retraction of scapular</li> <li>- Engage the core keeping straight body line</li> </ul>		10	1 Flow	Serratus Anterior Deltoids Erector spinae Rectus abdominis Transverse abdominis Core engagement	Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Protects against neck pain Breathing control
Scapula Push Ups - Elbows	<ul style="list-style-type: none"> <li>- Begin in plank position on elbows</li> <li>- Irradiate throughout the body (50%)</li> <li>- Keep shoulders over the hands and head neutral</li> <li>- Push the floor away in the shrug</li> <li>- Controlled protraction &amp; retraction of scapular</li> <li>- Engage the core keeping straight body line</li> </ul>		10	1 Flow	Serratus Anterior Deltoids Erector spinae Rectus abdominis Transverse abdominis Core engagement	Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Protects against neck pain Breathing control
Push Ups Narrow	<ul style="list-style-type: none"> <li>- Begin in plank position on hands</li> <li>- Irradiate throughout the body (50%)</li> <li>- Place hands in wide push up position</li> <li>- Lower chest to floor</li> <li>- Power back up to plank position (squeeze chest &amp; triceps)</li> <li>- Engage the core keeping straight body line</li> </ul>		10	1 Flow	Deltoids Pectorals Triceps Erector spinae Rectus abdominis Transverse abdominis Core engagement	Shoulder stability Scapular positioning & control Core control & engagement Triceps engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Protects against neck pain Breathing control
Push Ups Wide	<ul style="list-style-type: none"> <li>- Begin in plank position on hands</li> <li>- Irradiate throughout the body (50%)</li> <li>- Place hands in wide push up position</li> <li>- Lower chest to floor</li> <li>- Power back up to plank position (squeeze chest &amp; lats)</li> <li>- Engage the core keeping straight body line</li> </ul>		10	1 Flow	Deltoids Pectorals Erector spinae Rectus abdominis Transverse abdominis Core engagement	Shoulder stability Scapular positioning & control Core control & engagement Pectoral engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Protects against neck pain Breathing control
Down Dog Push Ups	<ul style="list-style-type: none"> <li>- Set knees below hips and hands in front of shoulders</li> <li>- Drive hips back, straighten legs &amp; push heels to floor</li> <li>- Irradiate throughout the body (50%)</li> <li>- Abduct scapulas, shoulder stability &amp; core engagement</li> <li>- Slowly lower head to the floor</li> <li>- Power back up to inverted V position &amp; exhale (shoulder stability &amp; control)</li> </ul>		10	1 Flow	Deltoids Pectorals Biceps & Triceps Erector spinae Rectus abdominis Transverse abdominis Core engagement	Shoulder stability Scapular positioning & control Core control & engagement Bicep & tricep engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Protects against neck pain Breathing control

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

PULL UP PROGRESSIONS	COACHING CUES	REPS Once you feel safe & comfortable: - 5 reps - 8 seconds hold - Fly onto the next progression	FLIGHTS	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Fly Hang (max hold)	<ul style="list-style-type: none"> <li>- Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab tightly above the loop 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 towards = 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>- Short controlled breaths</li> </ul>	Max hold		3 30 - 90 seconds	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals  Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength: Forearms  Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)  Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control
Scapula Pull Ups (Scapula Elevation & Depression)	<ul style="list-style-type: none"> <li>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</li> <li>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down and slowly lift feet off the floor</li> <li>- Engage delts, lats and the core</li> <li>- Elevate (shrug) and depress (lower) the scapula = shoulder shrugs</li> <li>- Externally rotate shoulders &amp; supinate forearms on the shrug (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	10 reps		3 30 - 90 seconds	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals  Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength: Forearms  Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)  Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control

<p><b>Fly Hang Wrist Rotations</b></p> <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>	<p>20 reps III</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Grip strength/ Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Understanding AFB Fly Hang/          Shoulder stability          Scapular positioning &amp; control          Core control &amp; engagement          Lower back control &amp; engagement          Grip strength &amp; rotations          Solid body base &amp; posture          Reduce lower back pain          Breathing control</p>
<p><b>Assisted Pull Ups</b></p> <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>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Grip strength/ Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Understanding AFB Fly Hang/          Shoulder stability          Scapular positioning &amp; control          Core control &amp; engagement          Strengthen lats, pecs, traps &amp; biceps          Grip strength &amp; rotations          Muscle endurance          Solid body base &amp; posture          Reduce lower back pain          Breathing control</p>
<p><b>Jump Pull Ups</b></p> <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>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Grip strength/ Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Understanding AFB Fly Hang/          Shoulder stability          Scapular positioning &amp; control          Core control &amp; engagement          Strengthen lats, pecs, traps &amp; biceps          Grip strength &amp; rotations          Muscle endurance          Solid body base &amp; posture          Reduce lower back pain          Breathing control</p>
<p><b>Jump Pull Ups - 5 Seconds Eccentric Lowering</b></p> <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>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Grip strength/ Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Understanding AFB Fly Hang/          Shoulder stability          Scapular positioning &amp; control          Core control &amp; engagement          Strengthen lats, pecs, traps &amp; biceps          Grip strength &amp; rotations          Muscle endurance          Solid body base &amp; posture          Reduce lower back pain          Breathing control</p>
<p><b>Jump Pull Up Max Hold</b></p> <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>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Grip strength/ Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Understanding AFB Fly Hang/          Shoulder stability          Scapular positioning &amp; control          Core control &amp; engagement          Strengthen lats, pecs, traps &amp; biceps          Grip strength &amp; rotations          Muscle endurance          Solid body base &amp; posture          Reduce lower back pain          Breathing control</p>

<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>  Deltoids  Rotator cuff muscles  Serratus anterior  Glute engagement  Core engagement  Obliques  Bicep &amp; Triceps  Rhomboids  Trapezius  Latissimus Dorsi  Pectorals</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Grip strength; Forearms</p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Understanding AFB 'Fly Hang'  Shoulder stability  Scapular positioning &amp; control  Core control &amp; engagement  Strengthen lats, pecs, traps &amp; biceps  Grip strength &amp; rotations  Muscle endurance  Solid body base &amp; posture  Reduce lower back pain  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>  Deltoids  Rotator cuff muscles  Serratus anterior  Glute engagement  Core engagement  Obliques  Bicep &amp; Triceps  Rhomboids  Trapezius  Latissimus Dorsi  Pectorals</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Grip strength; Forearms</p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Understanding AFB 'Fly Hang'  Shoulder stability  Scapular positioning &amp; control  Core control &amp; engagement  Strengthen lats, pecs, traps &amp; biceps  Grip strength &amp; rotations  Muscle endurance  Solid body base &amp; posture  Reduce lower back pain  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>  Deltoids  Rotator cuff muscles  Serratus anterior  Glute engagement  Core engagement  Obliques  Bicep &amp; Triceps  Rhomboids  Trapezius  Latissimus Dorsi  Pectorals</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Grip strength; Forearms</p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Understanding AFB 'Fly Hang'  Shoulder stability  Scapular positioning &amp; control  Core control &amp; engagement  Strengthen lats, pecs, traps &amp; biceps  Grip strength &amp; rotations  Muscle endurance  Solid body base &amp; posture  Reduce lower back pain  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>  Deltoids  Rotator cuff muscles  Serratus anterior  Glute engagement  Core engagement  Obliques  Bicep &amp; Triceps  Rhomboids  Trapezius  Latissimus Dorsi  Pectorals</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Grip strength; Forearms</p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Understanding AFB 'Fly Hang'  Shoulder stability  Scapular positioning &amp; control  Core control &amp; engagement  Strengthen lats, pecs, traps &amp; biceps  Grip strength &amp; rotations  Muscle endurance  Solid body base &amp; posture  Reduce lower back pain  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>  Deltoids  Rotator cuff muscles  Serratus anterior  Glute engagement  Core engagement  Obliques  Bicep &amp; Triceps  Rhomboids  Trapezius  Latissimus Dorsi  Pectorals</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Grip strength; Forearms</p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Understanding AFB 'Fly Hang'  Shoulder stability  Scapular positioning &amp; control  Core control &amp; engagement  Strengthen lats, pecs, traps &amp; biceps  Grip strength &amp; rotations  Muscle endurance  Solid body base &amp; posture  Reduce lower back pain  Breathing control</p>

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

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

<p>Challenge = Weighted Pull Ups Strict</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>	<p>Max reps</p>	<p>30 - 80 seconds</p>	<p>Strengthen:          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals</p> <p>Flexibility:          ROM in shoulders (stabilization &amp; strength through different ROM)          Hip flexors and hamstrings in pike position</p> <p>Grip strength/ Forearms</p> <p>Flexors:          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Understanding AFB 'Fly Hang'          Shoulder stability          Scapular positioning &amp; control          Core control &amp; engagement          Strengthen lats, pecs, traps &amp; biceps          Grip strength &amp; rotations          Muscle endurance          Solid body base &amp; posture          Reduce lower back pain          Breathing control</p>
---	--	-----------------	------------------------	--	--