



GOLD MEDAL BODIES

**DO MORE
PULL-UPS**

GO DO SOME PULL-UPS!

A relatively simple thing right? Grab onto something and pull hard enough to bring your head over the top and look over it. Sounds as easy as falling off a bike! But, as we all know, it's not. It seems as if the world is divided into two camps, the lucky few who can do multiple pull-ups, and those who can, on their best day, maybe do one.

It doesn't have to be like that. This pull-up primer will explain the primary reasons why many people have trouble pulling their own weight over the bar, and how you can improve your technique and increase your strength in just a few weeks.

If you can barely do one pull-up, our goal in this program is 5 pull ups at the end of three weeks of work. Impossible? Well, we're not saying it's going to be easy, in fact the more effort you put in, the better. But, yes, we believe that you'll go from one barely there pull-up, to 5 clean pulls in less than a month.

And even if you can do several already, the points below are sure to add at least a rep or two to each set of pull-ups you can perform.

THE 7KCS

No, that's not a new Kentucky Fried Chicken spin-off - It's the basis of our method for getting you doing **More Pull-Ups** in the shortest time possible.

We'll do this by re-engineering your pull up technique and activating the correct muscles for a powerful pull up. This happens by focusing on 7 Key Components of Structure. These are:

1. **Crown to coccyx alignment:** the proper positioning of the spine in relation to its own sections and the rest of the body in general.
2. **Core activation:** the proper recruitment of the deep torso musculature for stability in mobility.
3. **Hip recruitment:** the proper recruitment of the hip/pelvic girdle.
4. **Shoulder pack:** the proper alignment of the shoulder girdle for force transfer from the torso to the upper extremities.
5. **Arm lock:** the proper elbow positioning for force transfer from the shoulder girdle to the hand.
6. **Grip confirmation:** the proper tensioning and positioning of the hand/fingers.
7. **Leg drive:** the proper recruitment of the lower extremities.

Each component works holistically to create the proper technique ,and the incorrect performance of just one of these will cause a disconnect in your effort, making the pull that much harder.

Quite a few people think that the pull-up involves mainly a use of the arms. But a proper pull-up makes proper use of your back, shoulders, arms, and abdominals. Yes, a proper pull up works and develops your abs as well.

These seven keys can apply to any kind of physical exercise: weight training, running, yoga, gymnastics - you name it. High-level athletes in any sport spend thousands of hours developing their form, so if you want to improve your pull-ups, technique is a great place to start.

BREAK DOWN OF 7KCs FOR THE PULL-UP

1. **Crown to coccyx alignment:** Keep from straining your neck by looking only slightly upward, roll your chin down slightly and lengthen the back of your neck. Lift your chest up but avoid overarching your low back. An overarch will weaken your abdominals, and you'll need their strength to get you up and over the bar.
2. **Core activation:** Think of pulling your ribs down and curling your hips up forward a bit. This also keeps your spine properly aligned and allows the best positioning to use your core.
3. **Hip recruitment:** Squeeze your butt strongly to connect your lower body to your upper body. Keeping your lower body working strongly and in good alignment helps you to transfer your pulling force better than if your legs were just flopping around.
4. **Shoulder pack:** Pull your shoulder blades down and back, and have the constant sensation that your arms are being brought down and into the sides of your body.
5. **Arm lock:** Your elbows should be in line with your wrists and shoulders. Whether square in front of you or out by your sides, don't let your elbows wobble.
6. **Grip confirmation:** A death grip isn't necessary! What is most important is grasping onto the support more towards your fingers than the heel of your palm. This will keep the wrist in a stronger position. Grip firmly, but not so hard that you feel too much tension in your forearms and elbows.
7. **Leg drive:** Just as in hip recruitment, keep your legs strong and tight and make a stable, whole body in which to pull up. Squeeze your thighs together (though not too tightly).

Simply by applying these concepts, we have found many people immediately improve their pull-up ability in just a few minutes. Less effort wasted to bad form and unnecessary movement translates to more force applied where you need it to go. As the saying in gymnastics goes:

“TIGHTER IS LIGHTER”

THE USUAL SUSPECT

Now, having given you seven different things to look for in improving your pull-ups, let's simplify a bit. Trying to remember seven different things while working at maximum exertion to lift your bodyweight isn't going to be easy - imagine trying to memorize a phone number while playing dodgeball. We'll do better to focus on one point at a time.

Which one should you choose?

That depends on how many pull-ups you can do now. If you can't do any pull-ups, or can just do a couple, odd are, your biggest problem is something commonly referred to as "lat activation," which falls primarily under point #4 above: shoulder pack.

Since poor lat activation is so common, we've devoted the first video in this program to teaching you the antidote. We call that antidote the "pull-up prep" exercise, and it focusses specifically on strengthening this common weak link.

If you can already do several pull-ups, your weak link might be different, but still practice the prep movement while checking the other six components to find the one you most need to improve.

THE PROGRAM

All GMB programs feature joint preparation, exercise, and compensatory movements to reduce tension. Even though this is just a “mini-program,” we include each component here so you can see how they all fit together.

If you’re adding this program to an existing training schedule, you’ll want to do your pull-up practice right after your warm-up, beginning with the warm-up below and continuing with the workout. Then finish your other training and add the pull-up compensation at the end.

THE WARM-UP

These movements were designed to prepare the appropriate joints and muscles for this pulling workout. Warm and loose muscles and joints generate more power than a cold and stiff body.

Perform each movement for 60 seconds.

1. **Vibrations:** Loosen up your whole body with these movements.
2. **Swimming:** (30 seconds to the front/ 30 seconds to the back)
Make as big a circle as you can.
3. **Unloaded Pull Downs:** Start with your arms overhead and pull your elbows down to your sides. Focus on pulling down with your back muscles, and keep your shoulders back down and squeeze your shoulder blades together.
4. **Elbow Circles:** Don’t neglect this simple exercise, your elbows can take a lot of strain in a pull-up.

THE EXERCISES

These are your training exercises, work them well and you'll be on your way to pulling like a champ!

PULLING PREP

Start this movement with hanging on the bar with your elbows straight. Keep your arms straight and pull your shoulder blades down and back, packing your shoulders and driving your chest upward. Contract your core strongly and exhale with each pull.

REVERSE PULL-UPS

Start this movement in the top position of the pull-up. Grab on to the bar and jump up with your elbows tucked into your side. Pack your shoulders down, contract your abdominals with your chest up and chin slightly down. Exhale strongly as you lower yourself slowly until your arms are straight. Remember the key components and keep shoulders down, core flexed, chest up, chin down during the entire movement. Jump up and repeat.

HALF PULL-UPS

Start this movement by holding on to the bar with your elbows at a 90 degree angle. As always, pack your shoulders, flex your core, get your chest up and chin down. Now, without jumping, pull yourself up to the bar. If you can't get do this yet with your elbows at 90 degrees, start up closer to the bar, and gradually work your way to starting at 90 degrees as you get stronger. And when you get stronger still, start with your arms a little straighter each time.

THE COOL-DOWN

Not just winding down after a hard workout, a proper cool-down consists of exercises that will relieve the tension generated by the exercises in your workout. We call these Compensatory Movements, and they help to keep your body from tightening up. This will also help you recover more quickly from the training and promote faster growth.

Hold each pose for 30 seconds for two sets, and work your way up to 60 seconds by the end of the program.

1. **Double Handcuff:** Lace your fingers behind you, roll your shoulders back and lift your chest up and forward.
2. **Beach Ball Hold:** Round your back with arms in front and hips forward. Squeeze your butt and make a big “C” with your spine. Imagine that you are holding a large beach ball.
3. **Seal Pose:** Start in a pushup position on your knees, but have your fingers face towards your feet. Bring your hips down to the ground and lift your chest up, lean your weight forward to stretch your forearms and wrists.

Then finish up with some light vibration like you did in your warm-up, eat well, and get a good night’s sleep.

TRAINING SCHEDULE

If you can only do a couple of pull-ups (or none at all), perform this workout according to the following schedule:

- ◆ **Week One:** Everyday, perform three repetitions each of the *pulling prep* and *reverse pull-up* with a bit of a break in between each one (the exact amount doesn't matter). Then, when you're done, do one full pull-up (or attempt). That's it!
- ◆ **Week Two:** Every other day, you're going to perform each of the three exercises (*pulling prep*, *reverse pull-up*, and *half pull-up*) for five repetitions each, again resting as much as you need. Finish up with two complete pull-ups.
- ◆ **Week Three:** On two separate days, perform as many full pull-ups as you can do with good form at the beginning of your workout session, then practice each of the three exercises as you did during week two.

If you can already do five or more pull-ups, you'll adapt the schedule as follows:

- ◆ **Week One:** As above, perform three repetitions of the *pulling prep* and *reverse pull-up*. Then rest and perform one set of five pull-ups while focused on a different one of the 7KCS each day.
- ◆ **Week Two:** Every other day, you'll perform each of the three exercises for five repetitions each, again resting as much as you need, Finish with two sets of five pull-ups focused on your own weakest of the 7KCS.
- ◆ **Week Three:** On two separate days, perform as many full pull-ups as you can do with good form at the beginning of your workout session, then practice each of the three exercises as you did during week two. Finish with two more sets of as many pull-ups as you can perform cleanly.

THE WRAP-UP

There you have it, our program to get you to 5 pull-ups (or more!) in three short weeks. Give this a go. Run it up the flagpole. Take her for a spin. Jump on the wagon. Start her up! Ummm, that's all we got.... Well, you know what we mean!

With this unique and specific program we've gotten many of our clients to improve their pulling power incredibly quickly. To the point where they wouldn't have believed it, if it didn't happen to them!

You can absolutely get similar results - but only if you put in the work and start pulling your own weight.

We'd love to hear your results and feedback. Give this program a solid go for three weeks and see how far you can go!

MOVING FORWARD

If you want to take your pulling strength to the next level, we humbly recommend our [Rings One](#) gymnastic ring training program - it's freakin' sweet.

Thanks again
Andy, Ryan & Jarlo
Gold Medal Bodies

THE FINE PRINT

(You knew there had to be some somewhere...)

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