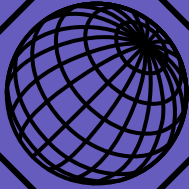


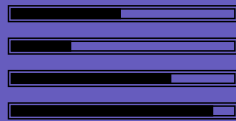


**PUSH**

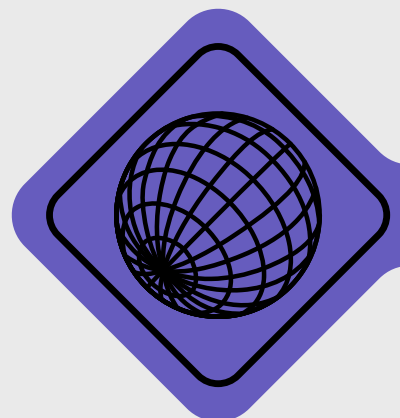
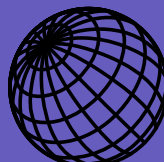
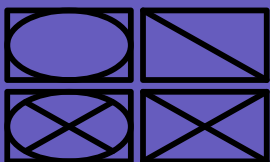
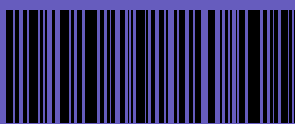


# PUSH BOX CROSSFIT

**6-week strict pull-up  
training program**



[www.pushboxfitness.com](http://www.pushboxfitness.com)





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### General Notes:

- Rest: Ensure 1-2 days of rest between workout days for recovery.
- Progression: If you achieve a strict pull-up earlier than planned, focus on increasing the number of reps or working on other pulling movements.
- Consistency: Consistent training and patience are key to getting your first strict pull-up.
- It is best to train this program before other workouts and training pieces.



# WEEK 1: BUILDING THE FOUNDATION

*The objective in the first week is to prepare the body for the upcoming work by focusing on fundamental upper body strength, grip strength, and scapular stability.*

## Day 1:

*rest as needed between sets*

### A. Scapular Pull-ups 3 x 8-10

- Hang from the bar with arms fully extended. Without bending your elbows, pull your shoulder blades down and together, then slowly release.

### B. Negative Pull-ups 3 x 3

- Use a box or step to get your chin over the bar. Slowly lower yourself down, taking 3 seconds for each descent.

### C. Australian Pull-ups (Inverted Rows) 3 x 8-10

- Set a bar at waist height and lie under it. Pull your chest up to the bar, keeping your body straight and core engaged.

### D. Plank 3 x 30-45 seconds

- Hold a strong plank to build core stability, which is essential for pull-up strength.

## Day 2:

*rest as needed between sets*

### A. Scapular Pull-ups 3 x 10-12

### B. Dead Hangs 3 x 15-30 seconds

- Focus on grip strength and relaxing your shoulders.

### C. Negative Pull-ups 3 x 4 with a 3 second lowering

### D. False Grip Ring Rows 3 x 4-6

- Use a 2-3 tempo when lowering yourself to full extension

### E. Hollow Body Hold 3 x 20 seconds

- Maintain a hollow position to build core strength.

## Day 3:

*rest as needed between sets*

### A. Scapular Pull-ups 3 x 10

### B. Australian Pull-ups (Inverted Rows) 3 x 10

### C. Negative Pull-ups 3 x 5 with a 3 second lowering

### D. Plank to Push-up 3 x 10-12

- Perform a plank, then move into a push-up position and back.



## WEEK 2: INCREASING VOLUME & INTENSITY

*The objective of this week is to increase the intensity of the exercises and add more volume to help build strength and endurance.*

### Day 1:

*rest as needed between sets*

- A. Scapular Pull-ups 4 x 10-12
- B. Negative Pull-ups 4 x 5 with a 3 second lowering
- C. Australian Pull-ups 4 x 10-12
- D. Dead Hangs 3 x 20 seconds
- E. Hollow Body Hold 3 x 20-30 seconds

### Day 2:

*rest as needed between sets*

- A. Scapular Pull-ups 4 x 12-15
- B. **Box Assisted Pull-ups** 4 x 5-6
- C. Negative Pull-ups 4 x 6 with a 3 second lowering
- D. False Grip Ring Rows 3 x 6-8
- E. Plank 3 x 45 seconds
- F. Hollow Body Hold 3 x 30-40 seconds

### Day 3:

*rest as needed between sets*

- A. Scapular Pull-ups 4 x 12-15
- B. Australian Pull-ups 4 x 12-15
- C. Negative Pull-ups 4 x 7 with a 3 second lowering
- D. Superman Hold 3 x 20-30 seconds
- E. **Banded Lat Pull Downs** 3 x 10-12



## WEEK 3: PULL-UP SPECIFIC TRAINING

*The focus now shifts toward actual pull-up strength, combining negative work, assisted pull-ups, and scapular activation.*

### Day 1:

*rest as needed between sets*

- A. Scapular Pull-ups 4 x 12-15
- B. Chin Over Bar Hold 3 x 10 seconds
- C. Negative Pull-ups 4 x 5 with a 4 second lowering
- D. Box Assisted Pull-ups 4 x 4-5
- E. Australian Pull-ups 4 x 12-15
- F. Hollow Body Hold 3 x 45 seconds

### Day 2:

*rest as needed between sets*

- A. Dead Hangs 3 x 30 seconds
- B. Negative Pull-ups 4 x 6 with a 4 second lowering
- C. Scapular Pull-ups 4 x 12
- D. Banded Lat Pull Downs 3 x 10-12
- E. Plank to Push-up 4 x 10-12

### Day 3:

*rest as needed between sets*

- A. Scapular Pull-ups 4 x 15
- B. Negative Pull-ups 5 x 5 with a 4 second lowering
- C. Chin Over Bar Hold (reverse grip) 4 x 10-12 seconds
- D. Australian Pull-ups 5 x 10-12
- E. Core Work (hanging leg raises) 4 x 10-15
  - These can be done with bent knees or extended legs. Treat these as strict raises with minimal to no swinging. Focus on engaging the core and raising the legs to just above parallel.



## WEEK 4: PULL-UP SPECIFIC STRENGTH

*Now that the body is accustomed to the movements, the focus will be on improving endurance and building more strength for the pull-up.*

### Day 1:

*rest as needed between sets*

- A. Negative Pull-ups 5 x 4 with a 5 second lowering
- B. Box Assisted Pull-ups 4 x 6-8
- C. Incline Dumbbell Seal Rows 4 x 8-10
- D. Banded Lat Pull Downs 3 x 12-15
- E. Hollow Body Hold 4 x 45 seconds

### Day 2:

*rest as needed between sets*

- A. Dead Hangs 3 x 30-40 seconds
- B. Negative Pull-ups 4 x 5 with a 5 second lowering
- C. Box Assisted Pull-ups 4 x 7-8
- D. Single-Arm Bent Over Row 4 x 6/arm
- E. Plank 4 x 1 minute

### Day 3:

*rest as needed between sets*

- A. Negative Pull-ups 4 x 6 with a 5 second lowering
- B. Box Assisted Pull-ups 4 x 8-10
- C. Australian Pull-ups 4 x 15
- D. Dumbbell Bicep Curls 4 x 6-8/arm
- E. Core Work (hanging leg raises) 4 x 12-15



# WEEK 5: MAXIMIZING PULLING STRENGTH

*Now is the time to push toward the goal of achieving a strict pull-up, focusing on higher-intensity training.*

## Day 1:

*rest as needed between sets*

- A. Scapular Pull-ups 2 x 15-20
- B. Chin Over Bar Hold + Negative Pull-ups 4 x 4 with 3 second hold over bar and 3 second lowering
- C. Box Assisted Pull-ups 4 x 8
- D. Single-Arm Bent Over Row 4 x 6-8/arm (heavier than last week)
- E. [Rope Walk Ups](#) 3 x 4
- F. Plank to Push-up 4 x 12

## Day 2:

*rest as needed between sets*

- A. Dead Hangs 3 x 40 seconds
- B.  $\frac{1}{4}$  Position Negative Pull-ups 4 x 3 (2 second pauses: chin over bar,  $\frac{1}{4}$  down,  $\frac{1}{2}$  down,  $\frac{3}{4}$  down)
- C. Box Assisted Pull-ups 5 x 8
- D. Scapular Pull-ups 2 x 20
- E. Hollow Body Hold 2 x 60 seconds

## Day 3:

*rest as needed between sets*

- A. Pull-up Practice (Try for 1 strict pull-up, or use assistance) (5 sets)
- B. Scapular Pull-ups 5 x 15-20
- C. Australian Pull-ups 5 x 15
- D. Core Work (hanging leg tuck to extension) 4 x 6-8



## WEEK 6: PULL-UP MASTERY

*The goal this week is to perform your first strict pull-up and refine technique. If you haven't achieved it yet, focus on perfecting the technique and increasing volume.*

### Day 1:

*rest as needed between sets*

- A. Strict Pull-ups (Try for 1 strict pull-up, assisted if needed) (5 sets)
- B. Box Assisted Pull-ups 4 x 6-8
- C. Scapular Pull-ups 3 x 20
- D. Australian Pull-ups 4 x 15
- E. Core Work (hanging leg raises) (4 x 12-15)

### Day 2:

*rest as needed between sets*

- A. Scapular Pull-ups 3 x 10
- B. Strict Pull-ups (1-2 sets, try for 1 strict pull-up)
- B. Negative Pull-ups 5 x 7 with 4 second lowering
- C. Dead Hangs 3 x 45 seconds
- D. Plank 4 x 1 minute

### Day 3:

*rest as needed between sets*

- A. Pull-up Practice (Try for 1 strict pull-up, use assistance as needed) (5 sets)
- B. Scapular Pull-ups 4 x 20
- C. Australian Pull-ups 4 x 15
- D. Core Work (hanging leg raises) 4 x 12-15