

PULLUP

KIPPING PULLUP

KNEES TO ELBOWS

NEGATIVE PULLUP

BODY ROW - STRAIGHT

BODY ROW - BENT



Double-overhand grip; chin clears bar; start at full hang; no kip



Start from full hang; legs generate upward force; chin clears bar at the top of each rep; should be able to generate 3 linked



Start from full hang; athlete creates a 'c' position from head to heel; forward momentum of knee does not create swing of torso; knees strike elbows while athlete is looking up



Starting from a position of full elbow flexion, athlete descends as slowly as possible to full hang, then returns to the start position with assistance



Starting from a prone position on the ground, the athlete places her hands on the rings with arms at full extension. At the apex of the movement, the athlete's ribs are at her wrists and only her heels are touching the floor (legs straight.)



Starting from a prone position on the ground, the athlete places her hands on the rings with arms at full extension. At the apex of the movement, the athlete's ribs are at her wrists and only her heels are touching the floor (legs bent, hip drive allowed.)



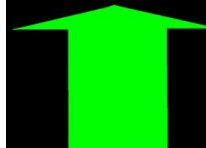
3 linked

10 without breaking the kip.

5 in a row lasting longer than 5s each.

20 straight - chin past wrists - without stop.

10 full - chin past wrists - nonstop.



CATALYST
ATHLETIC TRAINING CROSSFIT
WWW.CATALYSTGYM.COM