

	Monday	Wednesday	Friday
Week 1	<p>3x8-10 <a href="#">PVC Banded Pull-Ups</a> in a 3:1 Tempo</p> <p>3x8-10 <a href="#">PVC Banded Lat Pull-Downs</a> 3:1 Tempo</p>	<p>3x8 <a href="#">Ring Rows: Neutral Grip</a>. Keep legs/feet as straight out in front of you as possible. Get the rings as low as possible and make progressions here each week.</p> <p>3x8-10 <a href="#">Banded Negatives</a></p>	<p>2x20-30 second <a href="#">Passive Holds</a></p> <p>2x20-30 second <a href="#">Active Holds</a></p> <p>3x8-10 <a href="#">Barbell assisted Pull-Up</a> + SLOW negative release</p>
Week 2	<p>Use a heavier band than last week:</p> <p>4x6-8 PVC Banded Pull-Ups in a 3:1 Tempo</p> <p>4x6-8 PVC Banded Lat Pull-Downs 3:1 Tempo</p>	<p>3x8 Ring Rows: Overhand Grip Keep legs/feet as straight out in front of you as possible. Get the rings as low as possible and make progressions here each week.</p> <p>3x3-6 Static holds at top of bar and SLOWEST negative possible</p>	<p>2x20-30 second Passive Holds</p> <p>2x20-30 second Active Holds</p> <p>3x8-10 Barbell assisted Pull-Up + SLOW negative release legs/feet straight out (no bend if possible)</p>
Week 3	<p>Same as last week:</p> <p>4x6-8 PVC Banded Pull-Ups in a 3:1 Tempo</p> <p>4x6-8 PVC Banded Lat Pull-Downs 3:1 Tempo</p>	<p>3x8 Ring Rows: Underhand Grip Keep legs/feet as straight out in front of you as possible. Get the rings as low as possible and make progressions here each week.</p> <p>3x6-8 Banded Pull-Up+ Unassisted SLOW Negative</p>	<p>2x20-30 second Passive Holds</p> <p>2x20-30 second Active Holds</p> <p>3x8-10 Barbell assisted Pull-Up + SLOW negative release (One foot on a bench or plates)</p>
Week 4	<p>Use a heavier band than the last 2 weeks:</p> <p>4x4-6 PVC Banded Pull-Ups in a 3:1 Tempo</p> <p>4x4-6 PVC Banded Lat Pull-Downs 3:1 Tempo</p>	<p>3x8 Ring Rows: Overhand Grip Keep legs/feet as straight out in front of you as possible. Get the rings as low as possible and make progressions here each week.</p> <p>3x3-6 Unassisted Negatives, SLOW, and hold at problem spots</p>	<p>2x20-30 second Passive Holds</p> <p>2x20-30 second Active Holds</p> <p>3x8-10 Barbell assisted Pull-Up + SLOW negative release (both feet on a bench or plates if possible!)</p>