

GIRL PULL-UP CHALLENGE

POWER

THE ART OF RISING UP



PURPOSE

We think it's time for all girls to walk up to a pull-up bar, jump, hang in the air, and then pull their chins up over the bar. We are all working to protect ourselves against this crazy virus, and we are more motivated than ever to do everything we can to support our immune system and inner strength.

We love the idea of pull-UPS because it is the metaphorical RISE UP in our bodies, minds, and lives. Not to mention, it is hard! Seeing the progress of this challenge will remind us that nothing is insurmountable if we break it down into small pieces. In fact, we find that all things are possible.

We have noticed that there is a distinct difference in the way guys approach pull-ups and the way girls approach pull-ups. Perhaps this is because many women have not built up the strength patterns and muscles to pull-up from a hanging position. We want to change that. Let's get stronger together!

Let this program change your perspective and narrative about yourself.

- Notice your thoughts on your first attempt
- This is a chance for you to change your narrative about yourself, your strength, your perseverance, and your ability to work for something you want.
 - I am going to conquer pull-ups
 - This is my plan for how I am going to get there
 - I am really proud of myself for working on it every day

It is the metaphorical RISE UP.

When your body is strong, your posture is better, and your heart is open. This radiates strength and a sense of personal power, which, in turn, attracts more good things into your world. This is especially important in this unprecedented time of needing to maintain our physical, mental, and emotional

EQUIPMENT NEEDED

- **PULL-UP BAR:** Search doorway pull-up bar on AMAZON, pick the one that fits your doorway and molding. This is the easiest but you can pick the kind that screws into wall studs too!
- **BANDS:** 2 Different thickness and strength LONG, LOOP, RESISTANCE BANDS. Consider 1.5 inch thick and 1/2 inch thick

WEEKS 1 / 2

6 DAYS A WEEK-
10 MINUTES A DAY

8 'STARTS'

(IF IT'S TOO MANY TO DO IN A ROW, YOU CAN DO 2 SETS OF 4)

- Hang on pull up bar (avoid resting in your joints)
- Hands little wider than shoulders
- Pull your belly button to your spine and engage your front core muscles.
- Pull shoulder blades down your back like a V, focus on engaging back muscles and lifting your chest up towards bar
- Even if you can't pull your arms into bent elbows, the starts will strengthen the back muscles.

8 JUMP UPS (OR 2 SETS OF 4)

TO HANGING WITH CHIN OVER BAR THEN LOWER DOWN SLOWLY

- This will strengthen the eccentric muscle contraction by lowering slowly down.
- Once to the floor, jump up and try again.
- This will build strength needed to put the whole pull-up move together

5 FULL PULL-UPS- BAND SUPPORTED

- Put feet in heavier resistance band and do these full range supported pull ups. Make sure to practice the pattern of core connection, pull shoulder blades down, lift chest, pull elbows to the floor.
- Add more of these as you get stronger and go until you can't pull up on your last rep

WEEKS 3 / 4

- Continue same routine but continue to add 2-5 reps
- Use the lighter resistance band and try full pull-ups

WEEKS 5 / 6

- Start the routine by trying a full pull up unsupported.
- See how far you can get, then proceed to the previous routine adding reps where you feel stronger.

TRACK PROGRESS

SEND A SHORT VIDEO OF: Your first pull up attempt and 1 every week to see the progression at the end of the 6 weeks your full pull up from a hang! Send to steamboatpilates@gmail.com / subject- pull up program

FOLLOW UP QUESTIONS:

- How has your confidence changed over the 6 weeks?
- How have you used this newfound confidence to improve your life?