

THE CLARITY PROTOCOL

Grip and Hang Workouts

Built in Cape Town. Engineered for the world.

CLARITY PROTOCOL

THE CLARITY PROTOCOL: GRIP & HANG BATCH (Muscle-Up Prep)

Phase Objective

Build the grip endurance, lat activation, and transition strength required to unlock the Muscle-Up. Every session targets a specific weakness in the chain: **Grip** → **Hang** → **High Pull** → **Transition** → **Dip-Out**.

#	CLARITY NAME	GRIP/HANG FOCUS	MU TRANSFER MOVEMENT	STOIC CONSTRAINT	THERMAL	FUEL
21	The Dead Lock	5 min cumulative Dead Hang (break as needed)	5x3 Explosive Chest-to-Bar Pulls	Every break: 10 burpees	20m Sauna / 3m Cold	Steak + Sweet Potato
22	The Iron Grip	4x Max Towel Pull-ups	4x5 Slow Muscle-Up Negatives (5s)	Ice water face wash between sets	15m Steam / 3m Cold	Salmon + Rice + Avo
23	The Pendulum	4x30s Active Hang (depress + retract scap)	5x3 Kipping Swings (hip drive drill)	Eyes closed during all hangs	20m Sauna / 5m Cold Shower	Beef Mince + Kimchi + Eggs
24	The Vise	3x Max Fat-Grip Dead Hang	4x8 Band-Assisted Muscle-Ups	No chalk allowed. Raw grip only.	15m Sauna / 3m Cold	Bone Broth + Eggs + Turmeric
25	The Gallows	Hang Pyramid: 10-20-30-40-30-20-10s	5x5 High Pull-ups (chin over bar)	Nasal breathing only during hangs	20m Sauna / 4m Cold	Lamb Chops + Root Veg
26	The Crane	4x15 Scapular Pull-ups	4x3 Transition Drill (band at hips)	30s L-Hang after every set	15m Steam / 2m Cold	Chicken Thigh + Rice + EVOO
27	The Raptor Claw	3x Max Single-Arm Dead Hang (per arm)	3x5 Explosive Pull-up to Chest Level	Switch arms without touching ground	20m Sauna / 3m Cold	Wild Salmon + Sweet Potato
28	The Suspension	5x20s L-Hang (legs parallel to floor)	4x6 Negative Muscle-Ups (8s descent)	Count breaths, not seconds	25m Sauna / 3m Cold	Organ Meat Patties + Rice
29	The Anchor Chain	4x12 Towel Rows (thick grip)	5x3 Russian Dips (bar at hip level)	2-min dead hang finisher, no re-grip	15m Sauna / 3m Cold	Sardines + Sourdough + Avo
30	The Locksmith	3x15s One-Arm Flex Hang (per arm)	4x5 Jumping Muscle-Ups (control down)	Hold final rep chin over bar until failure	20m Steam / 4m Cold	Steak + Sweet Potato + Berries
31	The Hawk Talon	Fingertip Dead Hang 3x Max	5x5 Chest-to-Bar Pull-ups	No thumb wrap (suicide grip training)	20m Sauna / 3m Cold	Beef Biltong + Nuts + Honey

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32	The Scaffold	5x10 Typewriter Pull-ups (or assisted)	3x3 Slow Muscle-Up (3s pull, 3s transition)	Deep exhale at the top of every rep	15m Steam / 3m Cold	Turkey + Sweet Potato + Sauerkraut
33	The Condor Span	4x30s Wide-Grip Active Hang	4x8 Wide Pull-ups to Sternum	Arms must shake before you drop	20m Sauna / 5m Cold	Grass-Fed Burger + Avo + Salad
34	The Fist Forge	Wrist Roller: 4x Up-Down (weighted)	5x3 Strict Chest-to-Bar (pause at top)	Squeeze a tennis ball 100x after session	15m Sauna / 2m Cold	Smoked Mackerel + Rice Cakes
35	The Gibbet	3 min cumulative Active Hang + 2 min Dead Hang	4x5 Hip-to-Bar Kip Drill	Complete silence. No music. No talking.	20m Sauna / 3m Cold	Bone Broth + Collagen + Berries
36	The Hook	4x8 Mixed-Grip Pull-ups (alternate)	3x3 Band MU Transition (false grip focus)	False grip maintained for all hang work	20m Steam / 3m Cold	Salmon + White Rice + Lemon
37	The Gibbon Swing	4x5 Bar-to-Bar Traversals (monkey bars)	5x1 Muscle-Up Singles (if available)	No rest between traversal and MU attempt	15m Sauna / 4m Cold	Chicken Thigh + Rice + Spinach
38	The Anvil Hang	Ring Dead Hang 4x30s (false grip)	4x6 Ring Rows to Hip (deep pull)	Maintain false grip entire session	20m Sauna / 3m Cold	Steak (250g) + Sweet Potato + Salt
39	The Siege Ladder	Pull-up Ladder 1-2-3-4-5-4-3-2-1	After each ladder: 3 Dip-Outs on bar	No re-gripping during any ladder set	25m Sauna / 5m Cold	Slow-Cooked Oxtail + Rice
40	The Final Transition	5 min cumulative False Grip Hang (rings)	5x1 Strict Ring Muscle-Up Attempts	Film every attempt. Review form after.	30m Sauna / 3m Cold	Steak + Sweet Potato + Avo + Berries

Muscle-Up Readiness Checklist

Before attempting workout **#40** (The Final Transition), verify:

- ☐ 10+ strict pull-ups (dead hang, no kip)
- ☐ 15+ dips (full ROM, parallel bars)
- ☐ 60s dead hang (no re-grip)
- ☐ 30s false grip hang on rings
- ☐ 5 chest-to-bar pull-ups (explosive)
- ☐ 3 slow muscle-up negatives (5s+ descent)

When all 6 are checked, you are ready for the Muscle-Up.
