

# MUSCLE UP ROUTINE

## • 15 MINUTE SERIES •

### - BLOCK 1 - Warm Up

Make Sure to FULLY warm up your entire body before going into the routine.  
**Recommended movements** for warm up (after body heat) --- **Rows, Push Ups, L-sit.**

### - BLOCK 2 - Main Routine

	Exercises	Sets	Reps/Time	Rest Time	Tempo	Modifications
A1	Explosive Pull Ups	4-5	1-4	EMOM	Explosive	<ul style="list-style-type: none"><li>- Use a band for assistance if needed</li><li>- Start with singles and build up to 4 consecutives reps</li><li>- Stop the set as soon as you feel you are not being "explosive" anymore</li></ul>
B2	Negative Muscle Ups	3	60 sec (3-5 reps)	60 sec	3-6 sec Negatives	<ul style="list-style-type: none"><li>- Start with 3 sec negative and build up to 6 sec over time</li><li>- Use a low bar if a "pull-over" is still not accessible to you</li><li>- If you can't do 3 sec negatives for at least 3 reps, perform "jumping" Muscle ups or Assisted Muscle Ups</li></ul>
C1	Bar Dips / Ring Dips	4	30 sec (8-12 reps)	50 sec	1011	<ul style="list-style-type: none"><li>- Decrease intensity by doing either Negative Dips, or "jumping Dips"</li></ul>

### - GUIDELINES -

- Perform this routine **2-3 times per week** for best results.
- Choose progressions where you can keep **good form** through the entirety of the routine.
- Make sure you have a good **solid base of general strength** before training specific for the Muscle Up.
- Feel free to **increase the volume of the routine** (amount of work) by adding 1-2 sets to each exercise.
- If you **already have a muscle up** (or many), do them at the beginning for 3-5 sets followed by this routine to increase work capacity.

Watch and Follow Along →

