

# 4 week pullup program 1 home crossfit generation

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### 4-Week Pullup Program for Home CrossFit Generation

**Q: What is the goal of the 4-week pullup program?**

**A:** The program aims to improve pullup strength and endurance for home CrossFitters, helping them progress in their workouts and overall fitness.

**Q: How often should I do the workouts?**

**A:** The program includes three workouts per week, focusing on different variations of pullups to target specific muscle groups.

**Q: What equipment do I need?**

**A:** A pullup bar is the only essential equipment. If you don't have one at home, you can use a sturdy tree branch or a playground structure.

**Q: How long does each workout take?**

**A:** Each workout lasts approximately 20-30 minutes, including both warm-up and cool-down exercises.

**Q: What are the specific exercises in the program?**

**A:** The program features a variety of assisted and unassisted pullup variations, such as:

- **Negative Pullups:** Standing on a box or stool to assist with the downward motion
- **Banded Pullups:** Using a resistance band to provide support
- **Kipping Pullups:** Using body momentum to generate power
- **Strict Pullups:** Unassisted pullups performed with perfect form

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