

# CagePods

## **CAGEPOD 1**

**BEGINNER AND INTERMEDIATE/ADVANCED WORKOUT PROGRAMS**

# Unlock Functional Strength with CagePod 1

Real-life movement isn't isolated, it's dynamic, engaging multiple muscle groups and planes of motion at once. **CagePod 1** is designed for this reality, offering versatile training stations that build strength, stability, and coordination. By activating both primary movers and supporting muscle groups, **CagePod 1** helps you move with greater power, efficiency, and control.

Inside this guide, you'll find structured workouts for both beginners and advanced users. Not sure where to start? Begin with the foundational workouts and progress at your own pace or mix and match exercises to create a custom training experience that fits your goals.

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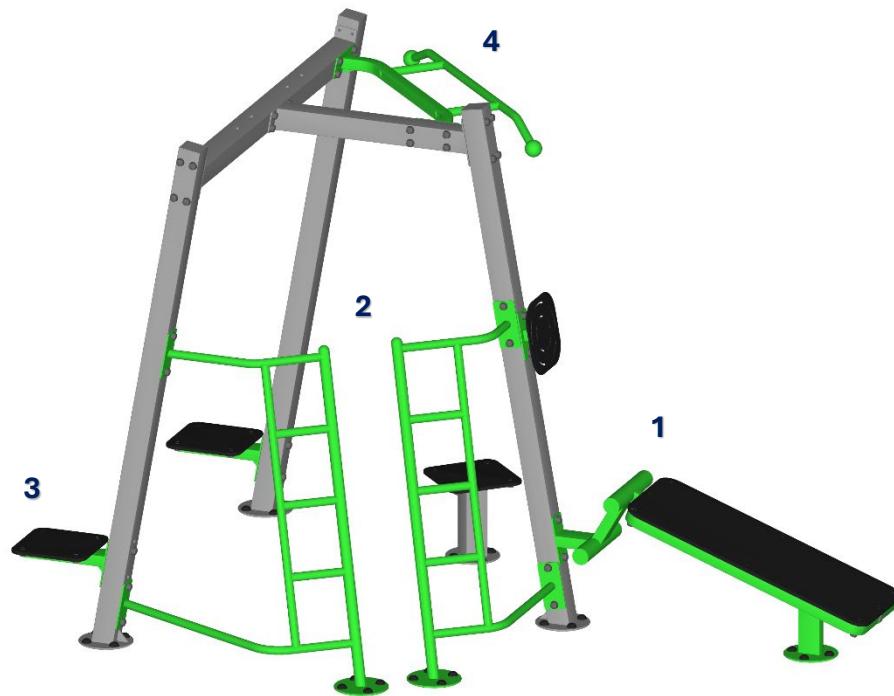
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# STATIONS

- 1 Decline Sit-up Bench with Ball Target
- 2 Variable Push-up Station
- 3 Variable Pull-up Station
- 4 (2) Step-up Platforms

# BEGINNER

## Decline Sit-up Bench with Ball Target

### **Tips:**

**Start slow** – Control your movement rather than rushing reps.

**Engage your core** – Focus on using your abs, not just momentum.

**Modify as needed** – Use your hands for assistance if needed. Breathe properly – Exhale as you lift, inhale as you lower.

### **1. Basic Decline Sit-Up**

**Muscles Worked:** Core, hip flexors

#### **How to Perform:**

- Sit on the bench and secure your feet under the footpads.
- Lie back slowly, keeping your core engaged.
- Place your hands across your chest or behind your head (without pulling on your neck).
- Engage your core and slowly lift your torso until you're upright.
- Lower yourself back down with control.

**Reps & Sets:** 3 sets of 8-12 reps

### **2. Assisted Decline Sit-Up (Using Hands for Support)**

**Muscles Worked:** Core, lower back (with reduced difficulty)

#### **How to Perform:**

- Sit on the bench and secure your feet.
- Place your hands on your thighs.
- Slowly lower your torso down while keeping your hands on your thighs.
- As you rise back up, use your hands lightly for assistance.

**Reps & Sets:** 3 sets of 10-12 reps

### **3. Decline Crunch**

**Muscles Worked:** Upper abs

#### **How to Perform:**

- Lie back on the bench with feet secured.
- Keep your hands across your chest.
- Raise your shoulders a few inches off the bench while squeezing your abs.
- Slowly lower back down.

**Reps & Sets:** 3 sets of 12-15 reps

## 4. Decline Seated Hold (Isometric Core Hold)

**Muscles Worked:** Core endurance, stability

**How to Perform:**

- Sit on the bench with your feet secured.
- Lean back slightly until your abs engage.
- Hold this position for 15-30 seconds, keeping your core tight.
- Return to upright and rest before repeating.

**Reps & Sets:** 3 sets of 15-30 seconds

# BEGINNER

## Variable Push-Up Station

### ***Tips:***

***Start with incline or knee push-ups before progressing to standard variations.***

***Engage your core*** – Keep your body straight to avoid sagging hips.

***Control your movement*** – Lower slowly and push up explosively.

***Breathe properly*** – Inhale as you lower, exhale as you push up.

### **1. Incline Push-Up (Easiest Option)**

**Muscles Worked:** Chest, shoulders, triceps, core

#### **How to Perform:**

- Place your hands on an elevated bar or handles at chest level.
- Step your feet back until your body forms a straight line.
- Lower your chest towards the bar while keeping your elbows at a 45-degree angle.
- Push back up to the starting position.

**Reps & Sets:** 3 sets of 8-12 reps

### **2. Standard Push-Up (Moderate Difficulty)**

**Muscles Worked:** Chest, shoulders, triceps, core

#### **How to Perform:**

- Place your hands on the parallel bars at shoulder width.
- Extend your legs back, keeping your body in a straight line.
- Lower your chest towards the bars while keeping your core engaged.
- Push back up to full extension.

**Reps & Sets:** 3 sets of 6-10 reps

### **3. Knee Push-Up (Great for Beginners)**

**Muscles Worked:** Chest, shoulders, triceps, core

#### **How to Perform:**

- Kneel on the ground and place your hands on the bars slightly wider than shoulder-width.
- Keep your body in a straight line from head to knees.
- Lower your chest toward the bar, keeping your elbows at a 45-degree angle.
- Push back up to the starting position.

**Reps & Sets:** 3 sets of 10-15 reps

## 4. Wide-Grip Push-Up (Focuses on Chest & Shoulders)

**Muscles Worked:** Chest, shoulders, core

**How to Perform:**

- Place your hands wider than shoulder-width on the bars.
- Extend your legs back and maintain a straight body.
- Lower your chest towards the bars while keeping elbows slightly flared.
- Push back up to the starting position.

**Reps & Sets:** 3 sets of 8-12 reps

## 5. Close-Grip Push-Up (Targets Triceps More)

**Muscles Worked:** Triceps, chest, shoulders

**How to Perform:**

- Place your hands close together on the bars, directly under your shoulders.
- Extend your legs back while keeping your body straight.
- Lower yourself down while keeping your elbows close to your body.
- Push back up to full extension.

**Reps & Sets:** 3 sets of 6-10 reps

# BEGINNER

## Variable Pull-Up Station

### *Tips:*

**Start with assisted variations** – Use a band or platform before progressing to full pull-ups.

**Engage your core** – Keep your body stable and avoid swinging.

**Use slow, controlled movements** – Focus on strength-building, not momentum.

**Breathe properly** – Exhale as you pull up, inhale as you lower.

**Progress gradually** – Work on grip strength and negatives before full pull-ups.

### 1. Assisted Hang (Grip & Shoulder Endurance)

**Muscles Worked:** Grip, shoulders, upper back, core

#### **How to Perform:**

- Grip the pull-up bar with both hands, shoulder-width apart.
- Keep your feet on the ground or on a platform for support.
- Engage your shoulders and core, keeping tension in your body.
- Hold for 10-30 seconds, then release and rest.

**Reps & Sets:** 3 sets of 10-30 seconds

### 2. Negative Pull-Up (Strength Progression)

**Muscles Worked:** Back, biceps, shoulders

#### **How to Perform:**

- Use a platform or jump up to start in the top position of a pull-up.
- Slowly lower yourself down in 3-5 seconds until arms are fully extended.
- Reset and repeat.

**Reps & Sets:** 3 sets of 4-6 reps

### 3. Assisted Pull-Up (Using Resistance Band or Foot Support)

**Muscles Worked:** Back, biceps, core

#### **How to Perform:**

1. Loop a resistance band around the bar and place your foot or knee in it for support.
2. Grip the bar with hands shoulder-width apart (palms facing away).
3. Pull yourself up until your chin reaches the bar.
4. Slowly lower yourself down with control.

**Reps & Sets:** 3 sets of 6-10 reps



## **4. Jumping Pull-Up (Explosive Strength & Progression)**

**Muscles Worked:** Back, biceps, shoulders

**How to Perform:**

1. Stand under the pull-up bar and grip it with both hands.
2. Use your legs to jump up and assist in pulling your chin above the bar.
3. Lower yourself down slowly.
4. Reset and repeat.

**Reps & Sets:** 3 sets of 6-8 reps

## **5. Australian Pull-Up (Inclined Row for Beginners)**

**Muscles Worked:** Back, arms, core

**How to Perform:**

1. Grip a lower bar and lean back at an angle, keeping your body straight.
2. Pull your chest toward the bar while squeezing your shoulder blades together.
3. Slowly lower yourself back down.

**Reps & Sets:** 3 sets of 8-12 reps

# BEGINNER

## Step-up Platforms (12", 18")

### ***Tips:***

***Start with lower heights*** – Progress to taller platforms as strength improves.

***Engage your core*** – Helps maintain balance and control.

***Step down slowly*** – Avoid excessive impact on the joints.

***Breathe properly*** – Exhale as you push up, inhale as you step down.

***Use hand support if needed*** – Hold onto something for extra stability in the beginning.

### **1. Basic Step-Up (Strength & Stability)**

**Muscles Worked:** Quads, glutes, hamstrings, core

#### **How to Perform:**

- Stand facing the platform with feet hip-width apart.
- Step up with one foot, then bring the other foot up to stand fully on the platform.
- Step down one foot at a time and return to the starting position.
- Alternate the leading foot for each rep.

**Reps & Sets:** 3 sets of 8-12 reps per leg

**Best Height:** 12"

### **2. Step-Up with Knee Drive (Core & Balance Challenge)**

**Muscles Worked:** Quads, glutes, core

#### **How to Perform:**

- Step up onto the platform with one foot.
- As you lift your body, bring the opposite knee up toward your chest.
- Lower back down with control and switch legs.

**Reps & Sets:** 3 sets of 6-10 reps per leg

**Best Height:** 12"

### **3. Side Step-Up (Lateral Strength & Stability)**

**Muscles Worked:** Inner & outer thighs, glutes, core

#### **How to Perform:**

- Stand sideways next to the platform.
- Step up with the foot closest to the platform, then bring the other foot up.
- Step down one foot at a time and repeat.

**Reps & Sets:** 3 sets of 8-12 reps per leg

**Best Height:** 12"

## **4. Step-Downs (Control & Balance)**

**Muscles Worked:** Quads, hamstrings, core

**How to Perform:**

- Stand on the platform with both feet.
- Slowly step down with one foot, keeping control.
- Lower until the foot touches the ground, then return to the platform.
- Alternate legs.

**Reps & Sets:** 3 sets of 8-12 reps per leg

**Best Height:** 12"

## **5. Box Squat (Controlled Depth Squat)**

**Muscles Worked:** Quads, glutes, core

**How to Perform:**

- Stand in front of a platform and sit down slowly onto it.
- Keep your core engaged and chest lifted.
- Push through your heels to stand back up.

**Reps & Sets:** 3 sets of 10 reps

**Best Height:** 12

# INTERMEDIATE

## Decline Sit-up Bench with Ball Target

### **Tips:**

**Use resistance** – Add weights or a medicine ball for progression.

**Engage your core** – Avoid using momentum; focus on controlled movement.

**Breathe properly** – Exhale as you sit up, inhale as you lower down.

**Slow down the lowering phase** – Helps engage muscles more effectively.

### **1. Weighted Decline Sit-Up**

**Muscles Worked:** Core, hip flexors, lower back

#### **How to Perform:**

- Hold a weight plate or dumbbell against your chest.
- Secure your feet under the footpads and lie back.
- Engage your core and lift your torso until upright.
- Slowly lower back down with control.

**Reps & Sets:** 3 sets of 8-12 reps

### **2. Russian Twists (Decline Position)**

**Muscles Worked:** Obliques, core, hip flexors

#### **How to Perform:**

- Sit up slightly on the decline bench, keeping your core engaged.
- Rotate your torso to one side, then the other.
- Keep your movements controlled and avoid excessive twisting.

**Reps & Sets:** 3 sets of 10-12 reps per side

### **3. Decline Sit-Up with Leg Raise**

**Muscles Worked:** Upper & lower abs, hip flexors

#### **How to Perform:**

- Lie on the decline bench and secure your feet.
- Perform a full sit-up.
- Once at the top, lift your legs off the bench slightly, holding for a second.
- Lower your legs, then lower your torso back down.

**Reps & Sets:** 3 sets of 8-12 reps

## 4. Medicine Ball Toss Sit-Up

**Muscles Worked:** Core, upper body

**How to Perform:**

- Hold a medicine ball at your chest.
- Perform a sit-up and at the top, toss the ball to a partner or against a wall.
- Catch the ball slowly lower back down.

**Reps & Sets:** 3 sets of 8-10 reps

## 5. Decline Bicycle Crunches

**Muscles Worked:** Obliques, core, hip flexors

**How to Perform:**

- Lie on the decline bench with hands behind your head.
- Lift your torso and bring your right elbow toward your left knee.
- Switch sides in a pedaling motion.
- Keep the movement controlled and avoid pulling on your neck.

**Reps & Sets:** 3 sets of 10-12 reps per side

# INTERMEDIATE

## Variable Push-Up Station

### ***Tips:***

***Engage your core*** – Keep your body straight to avoid sagging hips.

***Control your movement*** – Lower slowly and push up explosively.

***Breathe properly*** – Inhale as you lower, exhale as you push up.

### **1. Elevated Feet Push-Up**

**Muscles Worked:** Chest, shoulders, triceps, core

#### **How to Perform:**

- Place your feet on an elevated surface (such as a lower bar of the push-up station).
- Keep your hands on the push-up handles, slightly wider than shoulder-width.
- Lower your chest toward the bars while keeping your core tight.
- Push back up to the starting position.

**Reps & Sets:** 3 sets of 10-12 reps

### **2. Archer Push-Up (*Increases Unilateral Strength*)**

**Muscles Worked:** Chest, triceps, shoulders, core

#### **How to Perform:**

- Place your hands wider than shoulder-width on the push-up bars.
- Lower yourself toward one side, extending the opposite arm.
- Push back up to the center, then repeat on the other side.
- Keep your core engaged throughout the movement.

**Reps & Sets:** 3 sets of 6-8 reps per side

### **3. Explosive Push-Up (Clap or Fast Rebound)**

**Muscles Worked:** Chest, shoulders, triceps, core

#### **How to Perform:**

- Start in a standard push-up position.
- Lower yourself, then explosively push up so your hands leave the bars.
- Land softly and immediately transition into the next rep.
- If comfortable, attempt a clap mid-air.

**Reps & Sets:** 3 sets of 6-10 reps

#### **4. Diamond Push-Up (Triceps-Focused)**

**Muscles Worked:** Triceps, chest, shoulders

**How to Perform:**

- Place your hands close together in a diamond shape on the push-up bars.
- Lower your chest toward your hands, keeping your elbows close to your body.
- Push back up to the starting position.

**Reps & Sets:** 3 sets of 8-12 reps

#### **5. Spiderman Push-Up (Core Engagement & Mobility)**

**Muscles Worked:** Chest, triceps, shoulders, core, hip flexors

**How to Perform:**

- Begin in a standard push-up position.
- As you lower your chest, bring one knee toward the corresponding elbow.
- Return to the starting position and switch sides.
- Keep the movement controlled to maintain balance.

**Reps & Sets:** 3 sets of 8-10 reps per side

# INTERMEDIATE

## Variable Pull-Up Station

### **Tips:**

**Use controlled movement** – Avoid swinging or using momentum for better strength gains.

**Engage your core** – Helps maintain stability and prevents excessive movement.

**Slow down the lowering phase** – Eccentric control builds muscle endurance.

**Experiment with different grips** – Wide grip for back emphasis, close grip for biceps focus.

### **1. Negative Pull-Ups (Strength Progression)**

**Muscles Worked:** Back, biceps, shoulders

#### **How to Perform:**

- Start at the top of a pull-up by using a step or jumping up.
- Slowly lower yourself down in 3-5 seconds until arms are fully extended.
- Reset and repeat.

**Reps & Sets:** 3 sets of 6-8 reps

### **2. Assisted Pull-Ups (Using a Resistance Band or Foot Support)**

**Muscles Worked:** Back, biceps, core

#### **How to Perform:**

- Loop a **resistance band** around the bar and place one foot in it for support.
- Grip the bar with hands shoulder-width apart, palms facing away.
- Pull yourself up until your chin reaches the bar.
- Lower back down with control.

**Reps & Sets:** 3 sets of 8-12 reps

### **3. Wide-Grip Pull-Up (Back Emphasis)**

**Muscles Worked:** Upper back, shoulders, biceps

#### **How to Perform:**

- Grip the pull-up bar wider than shoulder-width.
- Pull yourself up, leading with your chest.
- Lower down slowly and repeat.

**Reps & Sets:** 3 sets of 6-10 reps



#### 4. Close-Grip Chin-Up (Biceps Focus)

**Muscles Worked:** Biceps, back, shoulders

**How to Perform:**

- Grip the bar shoulder-width apart, palms facing toward you.
- Pull yourself up, focusing on bicep activation.
- Lower down slowly and repeat.

**Reps & Sets:** 3 sets of 8-12 reps

#### 5. Hanging Knee Raises (Core & Grip Strength)

**Muscles Worked:** Core, hip flexors, grip

**How to Perform:**

1. Hang from the bar with arms extended.
2. Engage your core and lift your knees toward your chest.
3. Lower with control and repeat.

**Reps & Sets:** 3 sets of 10-12 reps

# INTERMEDIATE

## Step-up Platforms (12", 18")

### **Tips:**

**Engage your core** – Helps maintain stability and balance during movements.

**Control the descent** – Step down slowly to avoid impact on the joints.

**Experiment with platform heights** – Challenge yourself by progressing to taller platforms.

**Focus on explosive power** – Add jumps or faster movements to build strength and agility.

### **1. Lateral Step-Ups (Targets Inner & Outer Thighs)**

**Muscles Worked:** Quads, glutes, inner thighs, core

#### **How to Perform:**

1. Stand sideways to the platform.
2. Step up with the foot closest to the platform.
3. Push through your leg to step up, bringing the opposite knee up for balance.
4. Lower down with control and repeat.

**Reps & Sets:** 3 sets of 8-10 reps per leg

**Best Height:** 12" or 18"

### **2. Bulgarian Split Squats (Rear Foot Elevated Lunge)**

**Muscles Worked:** Quads, glutes, hamstrings, core

#### **How to Perform:**

1. Stand in front of the platform and place one foot behind you on it.
2. Lower yourself into a lunge position, keeping your torso upright.
3. Push back up through the front leg.
4. Repeat for all reps, then switch legs.

**Reps & Sets:** 3 sets of 8-10 reps per leg

**Best Height:** 12" or 18"

### **3. Explosive Step-Up Jumps (Power & Coordination)**

**Muscles Worked:** Quads, glutes, calves, core

#### **How to Perform:**

1. Stand in front of the platform and place one foot on it.
2. Push off **explosively**, jumping up and switching feet mid-air.
3. Land softly with the opposite foot on the platform.

**Reps & Sets:** 3 sets of 6-8 reps per leg

**Best Height:** 12" or 18"

#### **4. Decline Push-Ups (Feet Elevated on Platform)**

**Muscles Worked:** Chest, shoulders, triceps, core

**How to Perform:**

1. Place your feet on the platform and hands on the ground in a push-up position.
2. Lower your chest toward the ground while keeping your core tight.
3. Push back up to the starting position.

**Reps & Sets:** 3 sets of 8-12 reps

**Best Height:** 18" or 24"

# ADVANCED

## Decline Sit-up Bench with Ball Target

### **Tips:**

**Use explosive power** – Generate force through your core for dynamic movements.

**Control the lowering phase** – Avoid collapsing; use eccentric control.

**Engage your entire core** – Keep abs tight throughout each movement.

**Increase difficulty by adjusting tempo** – Slow down reps or add pauses for extra challenge.

### **1. Decline Sit-Up with Isometric Hold (Core Endurance Challenge)**

**Muscles Worked:** Core, lower back, hip flexors

#### **How to Perform:**

- Lie on the decline bench with hands behind your head or crossed over your chest.
- Perform a sit-up, stopping 3/4 of the way up and holding for 5-10 seconds.
- Lower down slowly and repeat.

**Reps & Sets:** 3 sets of 8-10 reps

### **2. Decline Bicycle Crunches (Obliques & Core Stability)**

**Muscles Worked:** Core, obliques, hip flexors

#### **How to Perform:**

- Lie on the decline bench and secure your feet.
- Lift your torso slightly and bring your right elbow toward your left knee.
- Switch sides in a bicycle pedaling motion.
- Keep the movement controlled and avoid pulling on your neck.

**Reps & Sets:** 3 sets of 10-12 reps per side

### **3. Decline Sit-Up to Ball Slam (Core & Explosiveness)**

**Muscles Worked:** Core, shoulders, triceps

#### **How to Perform:**

- Hold a slam ball (non-bouncing) at your chest.
- Perform a sit-up, and at the top, slam the ball as hard as possible toward the ground.
- Retrieve the ball, lower back down, and repeat.

**Reps & Sets:** 3 sets of 8-10 reps

**Ball Weight:** 10-15 lbs

## **4. Decline Bicycle Crunches (Obliques & Core Stability)**

**Muscles Worked:** Core, obliques, hip flexors

**How to Perform:**

- Lie on the decline bench and secure your feet.
- Lift your torso slightly and bring your right elbow toward your left knee.
- Switch sides in a bicycle pedaling motion.
- Keep the movement controlled and avoid pulling on your neck.

**Reps & Sets:** 3 sets of 10-12 reps per side

# ADVANCED

## Variable Push-Up Station

### **Tips:**

**Use explosive power** – Generate force with plyometric push-ups.

**Engage your core** – Keeps your body stable, especially for unilateral exercises.

**Slow down eccentric movements** – Lower yourself slowly to increase muscle activation.

**Experiment with different hand placements** – Adjust grip width to target different muscle groups.

**Increase elevation** – Raise feet for more chest activation or perform push-ups on a decline.

### **1. Archer Push-Up (Unilateral Strength & Control)**

**Muscles Worked:** Chest, shoulders, triceps, core

#### **How to Perform:**

- Position your hands **wider than shoulder-width** on the push-up bars.
- Lower your chest toward **one side**, extending the opposite arm straight.
- Push back up and switch sides.
- Keep your movements **slow and controlled** for maximum strength gains.

**Reps & Sets:** 3 sets of 6-8 reps per side

### **2. Explosive Plyometric Push-Up (Clap or Airborne)**

**Muscles Worked:** Chest, shoulders, triceps, core

#### **How to Perform:**

- Start in a standard push-up position on the handles.
- Lower your chest, then push up **explosively** so your hands leave the bars.
- For extra challenge, try clapping in mid-air before landing.
- Land softly and transition into the next rep.

**Reps & Sets:** 3 sets of 6-10 reps

### **3. One-Arm Elevated Push-Up (Unilateral Strength & Stability)**

**Muscles Worked:** Chest, triceps, core, shoulders

#### **How to Perform:**

- Place one hand on a higher bar while the other is on a lower bar or platform.
- Lower yourself down while maintaining balance and control.
- Push back up and complete reps before switching sides.

**Reps & Sets:** 3 sets of 6-8 reps per arm

## 4. Spiderman Push-Up (Core & Mobility Challenge)

**Muscles Worked:** Chest, shoulders, triceps, core, hip flexors

**How to Perform:**

- As you lower yourself into a push-up, bring one knee toward the **same-side elbow**.
- Keep your movement controlled and maintain proper form.
- Push back up and alternate legs.

**Reps & Sets:** 3 sets of 8-10 reps per side

## 5. Decline Archer Push-Up (Increased Difficulty)

**Muscles Worked:** Chest, shoulders, core

**How to Perform:**

- Place your feet on an **elevated surface** (such as a step or higher bar).
- Perform an **archer push-up**, shifting weight to one side while keeping the opposite arm extended.
- Push back up and alternate sides.

**Reps & Sets:** 3 sets of 6 reps per side

## 6. Typewriter Push-Up (Time Under Tension for Strength Gains)

**Muscles Worked:** Chest, shoulders, core

**How to Perform:**

- Lower yourself down into a deep **wide push-up** position.
- Shift your body **side-to-side** while keeping your chest close to the handles.
- Push back up to the starting position.

**Reps & Sets:** 3 sets of 6-8 reps per side

## 7. Ring or Suspension Push-Up (Stability & Core Challenge) *(If Attachments Available)*

**Muscles Worked:** Chest, shoulders, triceps, core

**How to Perform:**

- Attach rings or suspension straps to the station if available.
- Perform **push-ups on unstable handles**, keeping your core engaged.
- Lower yourself slowly and push back up with control.

**Reps & Sets:** 3 Sets of 8-10 reps

# ADVANCED

## Variable Pull-Up Station

### **Tips:**

**Use explosive power** – Plyometric pull-ups build fast-twitch muscle fibers.

**Engage your core** – Keeps your body stable, especially for dynamic movements.

**Experiment with different grips** – Wide, close, underhand, and mixed grips challenge muscles differently.

**Slow down the eccentric phase** – Lower yourself slowly to increase strength.

**Increase resistance gradually** – Use weights or isometric holds for more difficulty.

### **1. One-Arm Assisted Pull-Up (Unilateral Strength Progression)**

**Muscles Worked:** Lats, biceps, grip, core

#### **How to Perform:**

- Grip the pull-up bar with one hand while using the other hand on a lower bar for support.
- Pull yourself up using primarily the working arm.
- Lower slowly and repeat before switching arms.

**Reps & Sets:** 3 sets of 4-6 reps per arm

### **2. Weighted Pull-Ups (Max Strength & Power)**

**Muscles Worked:** Lats, biceps, shoulders

#### **How to Perform:**

- Attach a weight plate to a belt or hold a dumbbell between your legs.
- Perform standard pull-ups, lowering slowly for better control.

**Reps & Sets:** 3 sets of 5-8 reps

### **3. Archer Pull-Ups (Unilateral Control & Strength)**

**Muscles Worked:** Lats, shoulders, biceps

#### **How to Perform:**

- Grip the pull-up bar wider than shoulder-width.
- Pull yourself toward one hand, extending the opposite arm straight.
- Lower down and alternate sides.

**Reps & Sets:** 3 sets of 6-8 reps per side



## 4. Clapping Pull-Ups (Explosive Power & Fast-Twitch Activation)

**Muscles Worked:** Lats, biceps, shoulders

**How to Perform:**

- Pull yourself up explosively and release the bar.
- Clap mid-air before re-gripping the bar.
- Land softly and lower yourself with control.

**Reps & Sets:** 3 sets of 5-8 reps

## 5. Bar-To-Bar Jump Pull-Ups (Grip Strength & Explosive Movement)

**Muscles Worked:** Grip, shoulders, core

**How to Perform:**

- Start on a lower pull-up bar.
- Perform an explosive pull-up and jump to a higher bar.
- Lower back down and repeat.

**Reps & Sets:** 3 sets of 6-8 reps

## 6. L-Sit Pull-Ups (Core & Upper Body Strength Challenge)

**Muscles Worked:** Core, lats, grip

**How to Perform:**

Hang from the pull-up bar and extend your legs straight forward.

Hold this position while performing pull-ups.

Keep the movement controlled to avoid swinging.

**Reps & Sets:** 3 sets of 6-10 reps

## 7. Windshield Wipers (Core & Oblique Strength)

**Muscles Worked:** Core, obliques, grip

**How to Perform:**

- Hang from the bar and pull your legs straight up.
- Rotate your legs side to side like a windshield wiper.
- Keep core engaged and movements controlled.

**Reps & Sets:** 3 sets of 8-10 reps per side

# ADVANCED

## Step-up Platforms (12", 18")

### **Tips:**

**Use explosive power** – Maximize jump height and push through your legs.

**Engage your core** – Helps with balance, especially for single-leg movements.

**Increase resistance gradually** – Add dumbbells or a weighted vest for progression.

### **1. Weighted Step-Ups (Increased Lower Body Strength & Stability)**

**Muscles Worked:** Quads, glutes, hamstrings, core

#### **How to Perform:**

- Hold a dumbbell or kettlebell in each hand.
- Step onto the platform with one foot, ensuring full foot contact.
- Push through the elevated leg to stand fully on the platform.
- Step down with control and repeat on the other leg.

**Reps & Sets:** 3 sets of 8-12 reps per leg

### **2. Bulgarian Split Squats (Rear Foot Elevated Lunge)**

**Muscles Worked:** Quads, glutes, hamstrings, core

#### **How to Perform:**

- Stand in front of the platform and place one foot behind you on it.
- Lower yourself into a deep lunge position, keeping your torso upright.
- Push back up through the front leg without locking the knee.
- Complete all reps before switching legs.

**Reps & Sets:** 3 sets of 8-10 reps per leg

### **3. Single-Leg Box Squat (Unilateral Strength & Balance)**

**Muscles Worked:** Quads, glutes, core

#### **How to Perform:**

- Stand in front of the platform with one foot lifted.
- Slowly lower yourself to sit on the platform using only one leg.
- Push through your foot to stand back up.
- Keep your opposite foot off the ground throughout.

**Reps & Sets:** 3 sets of 6-8 reps per leg

## 4. Depth Jumps (Eccentric Strength & Power Development)

**Muscles Worked:** Quads, glutes, calves

**How to Perform:**

- Start standing on the platform.
- Step off and land softly in a squat position.
- Absorb the impact and immediately explode upward into a jump.

**Reps & Sets:** 3 sets of 6 reps

## 5. Box Jump with Step-Down (Explosiveness & Coordination)

**Muscles Worked:** Quads, glutes, hamstrings, calves

**How to Perform:**

- Stand facing the platform and jump onto it, landing softly in a squat.
- Stand fully before stepping down one foot at a time.
- Avoid jumping down to prevent unnecessary impact on joints.

**Reps & Sets:** 3 sets of 6-8 reps

## 6. Lateral Box Jumps (Coordination & Power Development)

**Muscles Worked:** Quads, glutes, calves, core

**How to Perform:**

- Stand to the side of the platform.
- Jump laterally onto the platform, landing softly in a squat.
- Step down carefully and repeat.

**Reps & Sets:** 3 sets of 8 reps per side

## 7. Box Step-Up to High Knee Hold (Balance & Control Focus)

**Muscles Worked:** Core, quads, glutes

**How to Perform:**

- Step up onto the platform with one leg.
- Drive your opposite knee toward your chest and hold for 2-3 seconds.
- Step down and repeat on the other leg.

**Reps & Sets:** 3 sets of 8-10 reps per leg