

# THE ELEMENTS OF FITNESS

VOLUME 6, ISSUE 2      FEBRUARY 2013

## THE 1-ARM PULL-UP PLAN

I write a lot of articles about getting yourself to the gym, about losing a few pounds, or about basic health. Here's one on the other side of the spectrum... How about getting *really* strong?

This plan is built around getting an athlete to be able to do a one-arm pull-up. Although this program works well for this purpose, we have also used variations of this program to develop big strength gains in single-leg squats, one-arm push-ups, and other exercises. We've modified parts of an old Alwyn Cosgrove chin-up program for this, and the results are awesome.

There are two requirements of this program:

1. You must be willing to

prioritize this program until completion. Trying to do this program in conjunction with another plan will not lead to success...in either plan. It is possible to train other movements and to do some other activity while going through this plan, but the priority has always got to be to do your pull-up workouts fresh.

2. You have to be able to do at least 8 strict (straight-arm to chest touching the bar) pull-ups. If this is not within your ability, this program can still help you improve, it just might not get you to a one-arm the first time around.

**Weeks 1-4** - Diminished-Rest Intervals  
Start by figuring out how

many perfect pull-ups you can do. Don't BS this one, either. It's for your information only and if you fudge the numbers, you'll only hose yourself when the workloads go up. Take your max number, and divide it in half. If you can do 10 pull-ups, your starting number is five.

**Week 1.** Three times this week, you'll do three sets of pull-ups at your starting number (5 in our example) with 60 seconds between sets.

**Week 2.** Three times this week, you'll do 3 sets of pull-ups at your starting number (5 in our example) with 45 seconds between sets.

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## QUICK NOTES

Our next Kettlebell Fundamentals class is February 23rd (Saturday) from 9-11am. We'll cover all the essential kettlebell lifts, as well as how to bring kettlebell training into your own training program. This class is free, open to the public, and awesome.

We're still having occasional problems with the card-swipe entry system at the front door. If your access card doesn't work at any time, please call Steve immediately (349-1246) so we can get you in the door. We apologize for any missed workouts!

In February, you'll be 10-15% through 2013. It's a good chance to check on your goals. Are you 10% of the way toward them? If your goal was to lose 20 pounds this year, are you already down two? This is the time to get going on your fitness goals...summer will be too late.

## THE STAT:

# 40

Percent greater chance you'll suffer from depression if you eat fast food 3 or more times per week versus eating "occasionally."

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# 103 THINGS...

Many of us have already forgotten about trying to get better this year...after all, the year is 8% over. But here is part of a nice list put together by Todd Durkin on how to make 2013 your best year ever. Here are some great thoughts from his 103 item list:

- 1. Be the most positive person you know.
- 2. Get 1% better everyday.
- 3. Define your "game-changing" move in 2013. Then get it done!
- 9. Write your eulogy and then live your life backwards.
- 10. Know your Big 5: the 5 most important things that need to happen by the end of the year

to make it feel like it truly has been the best year of your life.

17. Train like a pro athlete; Exercise more. No one has EVER regretted a great workout.

18. You can't out-train a bad diet! Eat higher quality foods.

24. Be obsessed with learning.

25. Be impeccable with your words; Don't complain, gossip, or be negative.

32. Call up someone you always wanted to talk to but never thought you could.

37. If you want more, GIVE more.

39. "The way you do one thing... is the way you do everything."

44. Be willing to fail. It's the price of greatness.

64. Your big ideas typically come when you are sitting on a beach or skiing in the mountains.

79. Turn OFF your TV!

99. Write down your "BHAG" for 2013. That is your "BIG, HAIRY, AUDACIOUS, GOAL." And then do it!

101. 525,600 minutes in 2013. What are you going to do with them? Make sure you make the most of each of them.

TRAIN LIKE A PRO ATHLETE; EXERCISE MORE. NO ONE HAS EVER REGRETTED A GREAT WORKOUT.

## FEBRUARY CLASS SCHEDULE - PLEASE VISIT OUR WEBSITE FOR CLASS DESCRIPTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY!	<b>Metabolic Blast</b> 5:30-6		<b>Elemental Endurance</b> 5:15-6		
6:30 AM	<b>Hybrid Training</b> 6:30-7:20				
7:00 AM				<b>Early Bird Yoga</b> 7:00-7:50	
8:30 AM	<b>CORE</b> 8:30-9:20				<b>CORE</b> 8:30-9:20
NOON	<b>Mobility + Restoration</b> 12-12:50				<b>Metabolic Blast</b> 12-12:30
1:00 PM		<b>Hybrid Training</b> 1-1:50		<b>Burly Girls</b> 1-1:50	
5:30 PM	<b>Hybrid Training</b> 5:30-6:20	<b>Mobility + Restoration</b> 5:30-6:20		<b>Metabolic</b> 5:30-6:20	
6:00 PM			<b>Metabolic</b> 6-6:50		
6:30 PM	<b>Elemental Strength</b> 6:30-7:20	<b>Kettlebell Conditioning</b> 6:30-7:20		<b>Elemental Strength</b> 6:30-7:20	



134 LINCOLN ST  
LANDER WY 82520  
307.332.0480

PLEASE VISIT OUR WEBSITE:  
ELEMENTALTRAINING.COM

WE CHANGE LIVES.

*“A good plan violently  
executed now is better than a  
perfect plan executed next  
week.”*

*George S. Patton*

## This Month's Workout

Density is a factor in training we consider heavily in our programming. Simply put, density is the amount of work you can do in a given period of time. This workout is a simple one, and you'll need to repeat it 4-6 times to get the gist of what density is all about.

Set a timer for 15 minutes, get good and warmed up, and then go to work. Within that 15 minutes, you will want to do the following circuit as many times as you can.

### 15x Kettlebell Swing

### 10x Push-Up

### 15x Goblet Squat

### 10x Inverted Row

Keep track of the number of rounds you complete and the last exercise you were able to finish on your final round. The next time you do this workout, you'll use the same weights, same reps, and go 15 minutes again...but you want to try and get more sets in. By the time you get through this workout a 4th or 5th time, you'll notice a profound improvement in your performance and you'll know what density sets are all about.

## THE 1-ARM PULL-UP PLAN (CONTINUED FROM P.1)

**Week 3.** You'll do 4 workouts this week. 2 times this week, do 3 sets with just 30 seconds between. The second two workouts are 3 sets with 15 seconds between.

**Week 4.** This week you'll do pull-ups for three workouts. Do three sets of as many pull-ups as you can do for each workout.

### Weeks 5-8 Loaded Pull-Ups

**Week 5.** Three times this week, you'll wear a weight belt to do your pull-ups. Add as much weight as you can while still maintaining perfect form for the prescribed number of reps. This week you do 6 sets in the following rep

configuration: 8-6-4-8-6-4. Obviously you'll add more weight as the reps decrease.

**Week 6.** 3x per week, 6 sets, 7-5-3-7-5-3. Add two one-arm negatives on each arm at the end of the sixth set.

**Week 7.** 3x per week, 6 sets, 6-4-2-6-4-2. Add three one-arm negatives at the end of the sixth set.

**Week 8.** 3x per week, 6 sets. 5-3-1-5-3-1. Add a one arm negative on each arm after sets 2, 4, and 6.

### Weeks 9-12 One Arm Training

**Week 9.** Three times per week, do three sets of two

offset pull-ups. The offset is best done with a 24" long sling girth hitched around the bar. Grasp the bar with one hand and the sling with the other.

**Week 10.** 3x per week, 3 sets of 2 offset pull-ups plus 3 sets of 1 negative, done as slowly as possible.

**Week 11.** 3x per week, 3 sets of 2 offset pull-ups with minimal help from the low hand plus 5 sets of 1 negative, done as slowly as possible.

**Week 12.** Get good and warm, then go for it. If you don't quite make it, take a week off from pulls, then start in again at week 5 for another build.



The one-arm pull-up is a true measure of upper body strength.