

RENEGADE

PERFORMANCE

	Day 1	Day 2	Day 3
		Pre requisite:	(A)= Advanced 7 Unbroken Strict Pullups
			(S)= Scaled To be able to perform 5 UB ringrows
Week One	<p>(A) Perform Strict C2B or chin over bar</p> <p>Pullup Complex: 3 sets ME strict Pullups into ME kipping pullups with 1 sec over bar chin hold</p> <p>Between Sets: 10 single arm tempo bent over DB rows + ME hanging L hold (Knees straight, or if needed knees bent)</p> <p>(S): Perform as below</p> <p>False Grip Ring Row: 4x4 with no momentum: *2 sec hold at the top of each one</p> <p>Between Sets: 10 single arm bent over DB rows</p>	<p>(A) Perform as below</p> <p>Strict pulling + Core strength: 3 sets 3-5 L sit strict pullups + ME Pause Strict toes to bar (pause at L on the way up) *Drop off the rig before going into TTB **if unable to perform strict TTB, adjust to strict knee raises</p> <p>Between Sets: 10 angel wings (2kg plate in each hand)</p> <p>(S): Perform as below</p> <p>Strict pulling + Core strength: 3 sets: 5 banded tempo strict pullups w 3 sec count on descent (increase resistance band to sc + 6-8 Toes to KB (Straight Legs) https://youtu.be/KioRfkBJBY or 6-8 Toes to KB (bent Legs) https://youtu.be/KioRfkBJBY</p> <p>Between sets: 8 single arm DB upright rows each arm</p>	<p>(A) Perform as below</p> <p>3 sets</p> <p>(A) = complex all unbroken (without dropping off or losing position/tension) 1 strict TTB + 1 L hang strict Pullup + 1 Strict TTB + 1 L hang strict pullup + 6-10 perfect TTB or 4 strict pullups (band assisted if needed) + ME Strict TTB or strict knee raises + ME TTB ** above option can be done with breaks between the Strict PU and Strict TTB</p> <p>Between sets: 8 dead bugs</p> <p>(S): Perform as below</p> <p>4 strict pullups + ME Strict TTB or strict knee raises + ME kipping TTB ** above option can be done with breaks between the Strict PU and Strict TTB if needed</p> <p>Between sets: 8 dead bugs</p>
Week Two	<p>(A) Perform as below</p> <p>3 sets: ME Supinated Strict chest to bar pullups into ME chin over bar pullups</p> <p>Between Sets: 10 top to top Bent over DB rows *1 DB is held at the top of the row while the working arm is performing the row, alternate each rep.</p> <p>(S) Perform as below</p> <p>Max Effort 2 for 1's https://youtu.be/0OlasYXj3TQ or 2 kip swings into 1-3 butterfly pullups into 3 kip swings</p> <p>Between Sets: 10 top to top Bent over DB rows *1 DB is held at the top of the row while the working arm is performing the row, alternate each rep.</p>	<p>(A) Perform as below</p> <p>3 sets: As a complex 5 kipping pullups + 5 Kipping C2B + 5 butterfly pullups + ME Bar muscleups **to be completed without dropping off the rig, scale to where you can no longer complete the complex.</p> <p>Between Sets: 5 box press *palms on 30" box with straight arms outside hips, lift hips vertical as high as possible by driving palms into the box.</p> <p>(S) Perform as below</p> <p>3 sets: 5 strong tight kipping tension swings + 10 straight arm banded lat pull downs</p> <p>Between Sets: 10 weighted situps *Starting holding plate with straight arms, flat side of plate towards the ceiling, situp and finish with the plate flat side up towards the ceiling overhead.</p>	<p>(A) Perform as below</p> <p>Build to Max 2 rep wide grip weighted Pullup then @70-75% of above weight: 3 sets ME weighted pullups</p> <p>Between sets: 10 banded hollow pull downs https://www.youtube.com/watch?v=FVjtOSA-dz8 + ME 'v' snaps</p> <p>(S): Perform as below</p> <p>4 sets: Max effort wide grip strict pullups (banded if needed)</p> <p>Between sets: 30-40sec hollow hold + ME Tuck Crunches https://youtu.be/CHO_sD0zpxo</p>