

SCHOOL GYM 2012

SCHOOL FITNESS 3T

A FUNCTIONAL FITNESS PATHWAY FOR ALL

School Fitness 3T

Training Testing Technique

RESOURCE CARDS

Upper Body – Pull (Vertical)

Dylan Blain

BSc, PGCE (Secondary Physical Education),
PGCE (Physical Education), FHEA, PhD (c)

ACTIVITY LADDER



	LOWER BODY			UPPER BODY		JUMPS AND LANDING			CARRIES	THROWS	CORE		AEROBIC DEVELOPMENT	SPEED		COORDINATION	
	SQUAT	HIP	SINGLE LEG	PUSH	PULL		HORIZONTAL	VERTICAL			MULTI DIRECTIONAL	BRACE		ROTATE	LINEAR		MULTI DIRECTIONAL
					HORIZONTAL	VERTICAL											
10	OVERHEAD PARALLEL SQUAT	SNATCH GRIP DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL RESISTED	BARBELL BENCH PRESS	INVERTED ROW RESISTED FEET ON BOX	ROPE PULL NO LEGS	3 HOPS FOR DISTANCE	MULTIPLE HURDLE HOPS	SINGLE LEG MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY SINGLE ARM	EXPLOSIVE MED BALL SQUAT DIVE	MULTIDIRECTIONAL AQUABAG	CATCH AND THROW	AEROBIC EXERCISE - DEVISE IT YOURSELF	MAX SPEED TECHNIQUE	REACTIVE MULTIPLE CHANGE OF DIRECTION	ALTERNATE SINGLE LEG SQUAT THRUST
9	OVERHEAD HALF SQUAT	DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL BODYWEIGHT	BARBELL FLOOR PRESS	INVERTED ROW RESISTED FEET ON FLOOR	CHIN / PULL UP RESISTED	BROAD JUMPS 3 JUMPS FOR DISTANCE	MULTIPLE HURDLE JUMPS INCREASE HEIGHT	MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY DOUBLE ARM	EXPLOSIVE MED BALL OVERHEAD BACKWARD	WALKING WITH AQUABAG	SINGLE ARM ROTATIONAL THROW	FARTLEK EXERCISE 2	ACCELERATION TECHNIQUE	REACTIVE SINGLE CHANGE OF DIRECTION	JUMPING JACKS ONTO BOX
8	RESISTED PARALLEL BACK SQUAT	DEADLIFT FROM BLOCKS / OFF PINS	SINGLE LEG BOX SQUAT HALF RESISTED	NEUTRAL GRIP DB FLOOR PRESS	INVERTED ROW BW FEET ON BOX REPS	PULL UP	REPEATED HURDLE HOP AND STICK	MULTIPLE HURDLE JUMPS LOW HURDLES	45 DEGREE REPEATED HOP	SINGLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD FORWARD	BOSU BALL WITH STAND NUDGES	SINGLE HAND CATCH AND ABSORB	INTERVAL EXERCISE 2	A DRILL RUNNING	PROGRAMMED MULTIPLE CHANGE OF DIRECTION	BACK STEPS BOUNCING
7	RESISTED PARALLEL FRONT SQUAT	KETTLEBELL SWING	SINGLE LEG BOX SQUAT HALF BODYWEIGHT	RESISTED PRESS UP FEET ELEVATED	INVERTED ROW BW FEET ON FLOOR REPS	CHIN UP	REPEATED HURDLE JUMP AND STICK	HURDLE JUMP AND STICK INCREASE HEIGHT	45 DEGREE REPEATED STEP	DOUBLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD SLAM	PARTNER HAND SLAP	ISOMETRIC SINGLE HAND BAND RESIST	CONTINUOUS EXERCISE 2	A DRILL SKIPPING	PROGRAMMED SINGLE CHANGE OF DIRECTION	BACK STEPS WITH ARMS
6	RESISTED HALF BACK SQUAT	GOOD MORNING	RESISTED WALKING LUNGE	RESISTED PRESS UP FEET ON FLOOR	INVERTED ROW BW FEET ON BOX ISOMETRIC HOLD	PULL UP BAND ASSISTED	SINGLE HURDLE HOP AND STICK	HURDLE JUMP AND STICK LOW HURDLE	45 DEGREE REPEATED JUMP	POWERBAG OVER SHOULDER CARRY 1 SIDE	STANDING LATERAL THROW AGAINST WALL	STANDING PARTNER NUDGE	SINGLE HAND STATIC WALL PUSH	FARTLEK EXERCISE 1	LOCKOUT SKIPPING	LADDER / HURDLE DRILLS FULL SPEED	BACK STEPS HANDS ON HIPS
5	RESISTED HALF FRONT SQUAT	ROMANIAN DEADLIFT	SPLIT SQUAT BACK LEG ELEVATED	STABILITY BALL PRESS UPS	INVERTED ROW BW FEET ON FLOOR ISOMETRIC HOLD	CHIN UP BAND ASSISTED	SINGLE HURDLE JUMP AND STICK	BOX JUMP INCREASE HEIGHT	LATERAL HOPS OVER HURDLES	POWERBAG OVER SHOULDER CARRY BOTH SHOULDERS	STANDING OVERHEAD THROW AGAINST WALL	STANDING BAND PULLS	HOT LIZARDS	INTERVAL EXERCISE 1	LOCKOUT WALKING PLATE RESISTED	LADDER / HURDLE DRILLS HALF SPEED	ALTERNATE HEEL TO BUM JUMPING
4	GOBLET PARALLEL SQUAT REPS	BAND GOOD MORNING	LUNGE VARIATIONS REPS	PRESS UPS REPS FEET ELEVATED	30 DEGREE ROW UP TO 20 REPS	PULL UP ISOMETRIC HOLD	60CM HOP AND STICK	BOX JUMP LOW BOX	LATERAL JUMPS OVER HURDLES	SINGLE ARM WEIGHTED HOLD INCREASE RESISTANCE	STANDING CHEST PASS AGAINST WALL	FRONT PLANK WITH SHOULDER TAP	TWISTING KETTLEBELL LIFT	CONTINUOUS EXERCISE 1	LOCKOUT WALKING	LADDER OR HURDLE DRILLS WALKING	ALTERNATE HEEL TO BUM WALKING
3	GOBLET HALF SQUAT REPS	RESISTANCE BAND PULL THROUGH REPS	90/90 SPLIT SQUAT REPS	PRESS UPS REPS FEET ON FLOOR	ISOMETRIC HOLD 30 DEGREE ANGLE	CHIN UP ISOMETRIC HOLD	60CM BROAD JUMP AND STICK	VERTICAL JUMP AND STICK WITH ARMS	LATERAL HOP AND STICK	SINGLE ARM WEIGHTED HOLD	KNEELING LATERAL THROW AGAINST WALL	SIDE PLANK	LOG CHOP	AEROBIC EXERCISE FORMS / TYPES	ACCELERATION WALL DRILL FULL SPEED	LATERAL SHUFFLE FULL SPEED	SPOTTY DOGS
2	GOBLET PARALLEL SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW REPS	90/90 SPLIT SQUAT HOLD BACK KNEE OFF FLOOR	PRESS UP ISO HOLD FEET ELEVATED	45 DEGREE ROW UP TO 20 REPS	ASSISTED PULL UP ISOMETRIC HOLD	30CM HOP AND STICK	VERTICAL JUMP AND STICK HANDS ON HIPS	LATERAL STEP AND STICK	DOUBLE ARM WEIGHTED HOLD INCREASE RESISTANCE	KNEELING OVERHEAD THROW AGAINST WALL	FRONT PLANK	HORIZONTAL BAND TWISTS	LEARNING ABOUT PACING	ACCELERATION WALL DRILL MARCHING	LATERAL SHUFFLE HALF SPEED	DOUBLE JUMPING JACKS
1	GOBLET HALF SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW ISOMETRIC HOLD	90/90 SPLIT SQUAT HOLD BACK KNEE ON FLOOR	PRESS UP ISO HOLD FEET ON FLOOR	ISOMETRIC HOLD 45 DEGREE ANGLE	ASSISTED CHIN UP ISOMETRIC HOLD	30CM BROAD JUMP AND STICK	LANDING MECHANICS STEP OFF BOX AND STICK	LATERAL JUMP AND STICK	DOUBLE ARM WEIGHTED HOLD	KNEELING CHEST PASS AGAINST WALL	DISH	STANDING DOWEL TWIST	INTRODUCTION TO AEROBIC EXERCISE	ACCELERATION WALL DRILL POSTURE HOLD	LATERAL SHUFFLE WALKING	SINGLE JUMPING JACKS

ACTIVITY LADDER



	LOWER BODY			UPPER BODY			JUMPS AND LANDING			CARRIES	THROWS	CORE		AEROBIC DEVELOPMENT	SPEED		COORDINATION
	SQUAT	HIP	SINGLE LEG	PUSH	PULL		HORIZONTAL	VERTICAL	MULTI DIRECTIONAL			FRONT PLANK	SIDE PLANK		LINEAR	MULTI DIRECTIONAL	
					HORIZONTAL	VERTICAL											
10	OVERHEAD PARALLEL SQUAT	SNATCH GRIP DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL RESISTED	BARBELL BENCH PRESS	INVERTED ROW RESISTED FEET ON BOX	ROPE PULL NO LEGS	3 HOPS FOR DISTANCE	MULTIPLE HURDLE HOPS	SINGLE LEG MULTIDIRECTIONAL HOP MATRIX	WAITERS CARRY SINGLE ARM	EXPLOSIVE MED BALL SQUAT DIVE	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR PARTNER RESISTED FOR REPS	SIDE PLANK WITH LEG AND ARM RAISE	RUNNING AEROBIC INTERVALS	MAX SPEED TECHNIQUE	REACTIVE MULTIPLE CHANGE OF DIRECTION	ALTERNATE SINGLE LEG SQUAT THRUST
9	OVERHEAD HALF SQUAT	DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL BODYWEIGHT	BARBELL FLOOR PRESS	INVERTED ROW RESISTED FEET ON FLOOR	CHIN / PULL UP RESISTED	BROAD JUMPS 3 JUMPS FOR DISTANCE	MULTIPLE HURDLE JUMPS INCREASE HEIGHT	MULTIDIRECTIONAL HOP MATRIX	WAITERS CARRY DOUBLE ARM	EXPLOSIVE MED BALL OVERHEAD BACKWARD	FRONT PLANK PARTNER RESISTED HOLD	SIDE PLANK WITH LEG RAISE	RUNNING 30 MINS	ACCELERATION TECHNIQUE	REACTIVE SINGLE CHANGE OF DIRECTION	JUMPING JACKS ONTO BOX
8	RESISTED PARALLEL BACK SQUAT	DEADLIFT FROM BLOCKS / OFF PING	SINGLE LEG BOX SQUAT HALF RESISTED	NEUTRAL GRIP DB FLOOR PRESS	INVERTED ROW BW FEET ON BOX REPS	PULL UP	REPEATED HURDLE HOP AND STICK	MULTIPLE HURDLE JUMPS LOW HURDLES	45 DEGREE REPEATED HOP	SINGLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD FORWARD	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR FOR REPS	SIDE PLANK HOLD 60 S	RUNNING 20 MINS	A DRILL RUNNING	PROGRAMMED MULTIPLE CHANGE OF DIRECTION	BACK STEPS BOUNCING
7	RESISTED PARALLEL FRONT SQUAT	KETTLEBELL SWING	SINGLE LEG BOX SQUAT HALF BODYWEIGHT	RESISTED PRESS UP FEET ELEVATED	INVERTED ROW BW FEET ON FLOOR REPS	CHIN UP	REPEATED HURDLE JUMP AND STICK	HURDLE JUMP AND STICK INCREASE HEIGHT	45 DEGREE REPEATED STEP	DOUBLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD SLAM	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR HOLD	SIDE PLANK HOLD 40 S	RUNNING 10 MINS	A DRILL SKIPPING	PROGRAMMED SINGLE CHANGE OF DIRECTION	BACK STEPS WITH ARMS
6	RESISTED HALF BACK SQUAT	GOOD MORNING	RESISTED WALKING LUNGE	RESISTED PRESS UP FEET ON FLOOR	INVERTED ROW BW FEET ON BOX ISOMETRIC HOLD	PULL UP BAND ASSISTED	SINGLE HURDLE HOP AND STICK	HURDLE JUMP AND STICK LOW HURDLE	45 DEGREE REPEATED JUMP	POWERBAG OVER SHOULDER CARRY 1 SIDE	STANDING LATERAL THROW AGAINST WALL	FRONT PLANK 1 ARM OFF FLOOR FOR REPS	SIDE PLANK HOLD 20 S	BIKE / CROSS TRAINER / ROWER 30 MINS	LOCKOUT SKIPPING	LADDER / HURDLE DRILLS FULL SPEED	BACK STEPS HANDS ON HIPS
5	RESISTED HALF FRONT SQUAT	ROMANIAN DEADLIFT	SPLIT SQUAT BACK LEG ELEVATED	STABILITY BALL PRESS UPS	INVERTED ROW BW FEET ON FLOOR ISOMETRIC HOLD	CHIN UP BAND ASSISTED	SINGLE HURDLE JUMP AND STICK	BOX JUMP INCREASE HEIGHT	LATERAL HOPS OVER HURDLES	POWERBAG OVER SHOULDER CARRY BOTH SHOULDERS	STANDING OVERHEAD THROW AGAINST WALL	FRONT PLANK 1 ARM OFF FLOOR HOLD	SIDE PLANK REPS	BIKE / CROSS TRAINER / ROWER 20 MINS	LOCKOUT WALKING PLATE RESISTED	LADDER / HURDLE DRILLS HALF SPEED	ALTERNATE HEEL TO BUM JUMPING
4	GOBLET PARALLEL SQUAT REPS	BAND GOOD MORNING	LUNGE VARIATIONS REPS	PRESS UPS REPS FEET ELEVATED	30 DEGREE ROW UP TO 20 REPS	PULL UP ISOMETRIC HOLD	60CM HOP AND STICK	BOX JUMP LOW BOX	LATERAL JUMPS OVER HURDLES	SINGLE ARM WEIGHTED HOLD INCREASE RESISTANCE	STANDING CHEST PASS AGAINST WALL	FRONT PLANK HOLD 60 S	KNEELING SIDE PLANK HOLD 60 S	BIKE / CROSS TRAINER / ROWER 10 MINS	LOCKOUT WALKING	LADDER OR HURDLE DRILLS WALKING	ALTERNATE HEEL TO BUM WALKING
3	GOBLET HALF SQUAT REPS	RESISTANCE BAND PULL THROUGH REPS	90/90 SPLIT SQUAT REPS	PRESS UPS REPS FEET ON FLOOR	ISOMETRIC HOLD 30 DEGREE ANGLE	CHIN UP ISOMETRIC HOLD	60CM BROAD JUMP AND STICK	VERTICAL JUMP AND STICK WITH ARMS	LATERAL HOP AND STICK	SINGLE ARM WEIGHTED HOLD	KNEELING LATERAL THROW AGAINST WALL	FRONT PLANK HOLD 40 S	KNEELING SIDE PLANK HOLD 40 S	WALKING 30 MINS	ACCELERATION WALL DRILL FULL SPEED	LATERAL SHUFFLE FULL SPEED	SPOTTY DOGS
2	GOBLET PARALLEL SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW REPS	90/90 SPLIT SQUAT HOLD BACK KNEE OFF FLOOR	PRESS UP ISO HOLD FEET ELEVATED	45 DEGREE ROW UP TO 20 REPS	ASSISTED PULL UP ISOMETRIC HOLD	30CM HOP AND STICK	VERTICAL JUMP AND STICK HANDS ON HIPS	LATERAL STEP AND STICK	DOUBLE ARM WEIGHTED HOLD INCREASE RESISTANCE	KNEELING OVERHEAD THROW AGAINST WALL	FRONT PLANK HOLD 20 S	KNEELING SIDE PLANK HOLD 20 S	WALKING 20 MINS	ACCELERATION WALL DRILL MARCHING	LATERAL SHUFFLE HALF SPEED	DOUBLE JUMPING JACKS
1	GOBLET HALF SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW ISOMETRIC HOLD	90/90 SPLIT SQUAT HOLD BACK KNEE ON FLOOR	PRESS UP ISO HOLD FEET ON FLOOR	ISOMETRIC HOLD 45 DEGREE ANGLE	ASSISTED CHIN UP ISOMETRIC HOLD	30CM BROAD JUMP AND STICK	LANDING MECHANICS STEP OFF BOX AND STICK	LATERAL JUMP AND STICK	DOUBLE ARM WEIGHTED HOLD	KNEELING CHEST PASS AGAINST WALL	KNEELING PLANK HOLD 20 S	KNEELING SIDE PLANK REPS	WALKING 10 MINS	ACCELERATION WALL DRILL POSTURE HOLD	LATERAL SHUFFLE WALKING	SINGLE JUMPING JACKS

UPPER BODY

PUSH	PULL	
	HORIZONTAL	VERTICAL
BARBELL BENCH PRESS	INVERTED ROW RESISTED FEET ON BOX	ROPE PULL NO LEGS
BARBELL FLOOR PRESS	INVERTED ROW RESISTED FEET ON FLOOR	CHIN / PULL UP RESISTED
NEUTRAL GRIP DB FLOOR PRESS	INVERTED ROW BW FEET ON BOX REPS	PULL UP
RESISTED PRESS UP FEET ELEVATED	INVERTED ROW BW FEET ON FLOOR REPS	CHIN UP
RESISTED PRESS UP FEET ON FLOOR	INVERTED ROW BW FEET ON BOX ISOMETRIC HOLD	PULL UP BAND ASSISTED
STABILITY BALL PRESS UPS	INVERTED ROW BW FEET ON FLOOR ISOMETRIC HOLD	CHIN UP BAND ASSISTED
PRESS UPS REPS FEET ELEVATED	30 DEGREE ROW UP TO 20 REPS	PULL UP ISOMETRIC HOLD
PRESS UPS REPS FEET ON FLOOR	ISOMETRIC HOLD 30 DEGREE ANGLE	CHIN UP ISOMETRIC HOLD
PRESS UP ISO HOLD FEET ELEVATED	45 DEGREE ROW UP TO 20 REPS	ASSISTED PULL UP ISOMETRIC HOLD
PRESS UP ISO HOLD FEET ON FLOOR	ISOMETRIC HOLD 45 DEGREE ANGLE	ASSISTED CHIN UP ISOMETRIC HOLD

2

UPPER BODY	
PULL	
VERTICAL	
ROPE PULL NO LEGS	
CHIN / PULL UP RESISTED	
PULL UP	
CHIN UP	
PULL UP BAND ASSISTED	
CHIN UP BAND ASSISTED	
PULL UP ISOMETRIC HOLD	
CHIN UP ISOMETRIC HOLD	
ASSISTED PULL UP ISOMETRIC HOLD	
ASSISTED CHIN UP ISOMETRIC HOLD	



ASSISTED PULL UP - ISOMETRIC HOLD



DIFFICULTY

2



- Grip a stable bar with your palms facing away from you
- Hands shoulder width apart
- Hook a resistance band around the bar and place you foot/knee in the end



- Pull your chest towards your hands and raise your chin above the bar
- Pull your shoulder blades towards your back pockets



- Hold this position for desired amount of time



POINTS ZONE

10 SECS HOLD = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



MAKE IT EASIER...



MAKE IT HARDER...



LEARNING ZONE

G

GRADUALLY
MAKE
HARDER

A

APPLY TO
•EVERYDAY LIFE
•SPORT

I

IMPROVE
AND
INNOVATE

N

NEVER SET
UNREALISTIC
TARGETS
NO CHEATING

S

SAFE EXERCISE
AT ALL TIMES
IN ALL AREAS

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SCHOOL FITNESS 3T

3	UPPER BODY	
	PULL	
	VERTICAL	
	ROPE PULL NO LEGS	
	CHIN / PULL UP RESISTED	
	PULL UP	
	CHIN UP	
	PULL UP BAND ASSISTED	
	CHIN UP BAND ASSISTED	
	PULL UP ISOMETRIC HOLD	
	CHIN UP ISOMETRIC HOLD	
	ASSISTED PULL UP ISOMETRIC HOLD	
	ASSISTED CHIN UP ISOMETRIC HOLD	

PULL

VERTICAL

CHIN /
PULL UP
RESISTED

PULL UP

CHIN UP

PULL UP BAND ASSISTED

CHIN UP BAND ASSISTED

PULL UP
ISOMETRIC HOLD

CHIN UP
ISOMETRIC HOLD

**ASSISTED
PULL UP
ISOMETRIC HOLD**

**ASSISTED
CHIN UP
ISOMETRIC HOLD**



LOWER BODY

DIFFICULTY



- Grip a stable bar with your palms facing you
- Hands should be shoulder width apart
- Raise yourself so your chin is above the bar



- Pull your chest towards your hands
- Pull your shoulder blades towards your back pockets



- Hold this position for desired amount of time



10 SECS HOLD = 1 POINT

MAXIMUM OF 2 POINTS PER SET

[illegible]

VIDEO DEMO...



MAKE IT EASIER...



MAKE IT HARDER...



GRADUALLY MAKE HARDER



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5

UPPER BODY

PULL

VERTICAL

ROPE PULL
NO LEGS

CHIN /
PULL UP
RESISTED

PULL UP

CHIN UP

PULL UP
BAND ASSISTED

CHIN UP
BAND ASSISTED

PULL UP
ISOMETRIC HOLD

CHIN UP
ISOMETRIC HOLD

ASSISTED
PULL UP
ISOMETRIC HOLD

ASSISTED
CHIN UP
ISOMETRIC HOLD



CHIN UP - BAND ASSISTED



DIFFICULTY

5



- Grip a stable bar with your palms facing you
- Hands should be shoulder width apart
- Hook a resistance band around the bar and place your feet in the ends



- Pull your chest towards your hands and raise your chin above the bar
- Pull your shoulder blades towards your back pockets



- Lower your body to the starting position in a controlled way
- Repeat the movement for the desired number of reps



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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6

UPPER BODY

PULL

VERTICAL

ROPE PULL
NO LEGS

CHIN /
PULL UP
RESISTED

PULL UP

CHIN UP

PULL UP
BAND ASSISTED

CHIN UP
BAND ASSISTED

PULL UP
ISOMETRIC HOLD

CHIN UP
ISOMETRIC HOLD

ASSISTED
PULL UP
ISOMETRIC HOLD

ASSISTED
CHIN UP
ISOMETRIC HOLD



PULL UP - BAND ASSISTED



DIFFICULTY

6



- Grip a stable bar with your palms facing away from you
- Hands should be shoulder width apart
- Hook a resistance band around the bar and place your feet in the ends



- Pull your chest towards your hands and raise your chin above the bar
- Pull your shoulder blades towards your back pockets



- Lower your body to the starting position in a controlled way
- Repeat the movement for the desired number of reps



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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UPPER BODY

PULL

VERTICAL

ROPE PULL
NO LEGS

CHIN /
PULL UP
RESISTED

PULL UP

CHIN UP

PULL UP
BAND ASSISTED

CHIN UP
BAND ASSISTED

PULL UP
ISOMETRIC HOLD

CHIN UP
ISOMETRIC HOLD

ASSISTED
PULL UP
ISOMETRIC HOLD

ASSISTED
CHIN UP
ISOMETRIC HOLD

7



CHIN UP



DIFFICULTY

7



- Grip a stable bar with your palms facing you
- Hands should be shoulder width apart



- Pull your chest towards your hands and raise your chin above the bar
- Pull your shoulder blades towards your back pockets



- Lower your body to the starting position in a controlled way
- Repeat the movement for the desired number of reps



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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8

UPPER BODY

PULL

VERTICAL

ROPE PULL
NO LEGS

CHIN /
PULL UP
RESISTED

PULL UP

CHIN UP

PULL UP
BAND ASSISTED

CHIN UP
BAND ASSISTED

PULL UP
ISOMETRIC HOLD

CHIN UP
ISOMETRIC HOLD

ASSISTED
PULL UP
ISOMETRIC HOLD

ASSISTED
CHIN UP
ISOMETRIC HOLD



PULL UP



DIFFICULTY

8

POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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VIDEO DEMO...



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SCHOOL FITNESS 3T

9

UPPER BODY

PULL

VERTICAL

ROPE PULL
NO LEGS

CHIN /
PULL UP
RESISTED

PULL UP

CHIN UP

PULL UP
BAND ASSISTED

CHIN UP
BAND ASSISTED

PULL UP
ISOMETRIC HOLD

CHIN UP
ISOMETRIC HOLD

ASSISTED
PULL UP
ISOMETRIC HOLD

ASSISTED
CHIN UP
ISOMETRIC HOLD



RESISTED PULL/CHIN UP



DIFFICULTY

9 ● ● ● ● ●

POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



- Grip a stable bar with your palms facing you (chin up) or away (pull up)
- Hands shoulder width apart
- Add a resistance (weighted vest/ ankle weights/dunbell between ankles)



- Pull your chest towards your hands and raise your chin above the bar
- Pull your shoulder blades towards your back pockets



- Lower your body to the starting position in a controlled way
- Repeat the movement for the desired number of reps



HANDHELD DEVICE ZONE

VIDEO DEMO...



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10

UPPER BODY	
PULL	
VERTICAL	
ROPE PULL NO LEGS	
CHIN / PULL UP RESISTED	
PULL UP	
CHIN UP	
PULL UP BAND ASSISTED	
CHIN UP BAND ASSISTED	
PULL UP ISOMETRIC HOLD	
CHIN UP ISOMETRIC HOLD	
ASSISTED PULL UP ISOMETRIC HOLD	
ASSISTED CHIN UP ISOMETRIC HOLD	



ROPE PULL - NO LEGS



DIFFICULTY

10 ● ● ● ● ●



- Stand below the rope and grip tightly



- Pull your chest towards your hands and raise yourself up
- Pull one hand over the other maintaining a tight grip throughout
- If you feel fatigued at any point, lower yourself carefully



- Once you have reached desired height climb down (do NOT slide)
- Lower yourself by climbing down the rope until you reach the floor



POINTS ZONE

1 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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