

4-Week Bar Muscle-Up Builder

One session per week — perfect for Open Gym!

Whether you're chasing your first bar muscle-up or refining a messy one, this focused plan breaks the movement into manageable parts and builds strength, control, and confidence. Do this session once a week during **Open Gym** — take your time, film your reps, and focus on quality.

WEEK 1: Set the Foundation

1. Scap Pull-Ups

3 sets of 8-10 reps

→ Activate the lats and build shoulder control

2. Strict Pull-Ups

3 sets of 5 reps (banded if needed)

→ Build raw pulling strength

3. Box Dips or Ring Dips (Tempo 3-1-1)

3 sets of 5 reps

→ Control and pushing strength for the turnover

4. Kipping Swing + Knee Raise

3 sets of 5 reps

→ Focus on smooth, horizontal swing

5. Box Jumping Muscle-Up Drill

3 sets of 3 reps

→ Practice the hip drive + turnover with assistance

WEEK 2: Timing & Proximity

1. Banded Lat Pull-Downs to Hips

3 sets of 15 reps

→ Teach the cue "pull the bar to your hips"

2. Toes-to-Bar Kip Swing + Knee Raise

3 sets of 5 reps

→ Refine your rhythm and body control

3. Knee-to-Bar Closeness Drill

3 sets of 3 reps

→ Keep your body tight and near the bar

4. Box Muscle-Up Transitions

3 sets of 5 reps

→ Practice smooth turnover mechanics

5. Negative Bar Muscle-Ups (Lower Slowly)

2 reps, slow 5–8 second descent

WEEK 3: Power & Turnover

1. Explosive Chest-to-Bar Pull-Ups

3 sets of 3 reps

→ Pull higher and faster to prep for the turnover

2. Hip Thrust Drill (from swing)

3 sets of 3 reps

→ Practice shooting the hips to the bar

3. Low Bar Muscle-Up Turnover

3 sets of 3 reps

→ Use a low bar or band to isolate the turnover

4. Bar Muscle-Up Attempts

3 sets of 1–2 reps

→ Film these and review technique

5. Ring Rows or Inverted Rows (strict, elbows tight)

3 sets of 8–10 reps

→ Strengthen mid-back and turnover control

WEEK 4: Put It Together

1. Warm-Up Flow:

- Scap Pull-Ups x 8
- Banded Lat Pulls x 15
- Hollow-to-Arch Kips x 10

2. Bar Muscle-Up Attempts

5–6 total attempts (rest between each)

→ Use a band or spot if needed — aim for clean reps

3. Box Turnover Drills

3 sets of 5 reps

→ Clean up the catch and finish position

4. Strict Pull-Ups or Ring Rows

3 sets of 5–8 reps

5. Shoulder Prehab Finisher:

- Banded Pull-Aparts x 15
 - T-Spine Foam Roll x 10 slow reps
 - Wall Facing Handstand Hold x 30 sec
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Coach's Tip:

Use Open Gym! It's the perfect space to work on complex skills like this with no pressure. Go in with a plan, take your time, and don't be afraid to ask a coach to check your technique.