

TRAIN TO IMPROVE

Body Weight Negative Training for Strength & Stamina

Alternative exercise for Negative Pull Up

Block 2: The Workout

Exercise	Tips	Difficulty
TSC Pull Over (Timed Static Contraction)	<p>Loop a thin towel or thick strap around an immovable object at floor level such as a sofa leg, or fixed post.</p> <p>Starting position: lying on floor facing up, reach behind your head and grab the towel firmly with both hands facing each other, or alternatively with thumbs completely turned out. Elbows in front of head, facing forward. Knees bent.</p> <p>From starting position, attempt to drive your elbows down as if doing a pull-over movement. Pull as hard as you can, and hold it for the full time goal.</p> <p>Don't hold your breath; breathe.</p> <p>This will work your upper back, biceps, forearms and abs.</p>	<p>3 Levels:*</p> <p>1 – 30 sec static hold 2 – 40 sec static hold 3 – 60 sec static hold</p> <p>* Maintain a fully engaged static contraction (hold) between one of the three recommended time goals.</p>



Do 3x times, resting between sets for 30 secs to 1 min. Advance to next difficulty level when all three sets are achieved using a full holding force.

