

Progression / Scaling

Pulling

:30 Chin over hold

5 Strict

10 Strict

10 Strict Chest to bar

Strict Muscle-up

Engage abs during entire movement

Shoulder joint should facilitate the kip, not the hips

Chin should clear the bar with a neutral neck position

Get strict before you kip

15 Ring Rows or
:15 Chin over hold

1 Strict or
15 "Zero" Ring
Row

10 Kipping

20 Kipping

20 Kipping
Chest to bar