Climb the Pull Ladder

Seven rungs from your first dead hang to strict pull-ups, and the gate you pass before kipping.

Gymnastics at TLC grows through four ladders: **Pull, Push, Core and Inversion**. This is the Pull Ladder. Your coach places you on a rung in your first weeks and moves you up when your reps are ready. You train at your own rung, so the same class works for everyone. This follows the TLC tenet **Strict Before Dynamic**.

RUNG 7	**Kipping Pull-Up**	Optional. Strict is the real goal for most shoulders.
RUNG 6	**Kip Swing**	Learn the swing from the shoulders first.
	GATE: 5 STRICT PULL-UPS, UNBROKEN	
RUNG 5	**Strict Pull-Up**	Full hang to chin over bar. No kick, no swing.
RUNG 4	**Eccentric Pull-Up**	Chin over the bar, then lower slowly all the way down.
RUNG 3	**Middle Hold**	Elbows at 90° and hold. The hardest spot for most people.
RUNG 2	**Top Hold**	Chin over the bar and hold. Step or jump up into it.
RUNG 1	**Dead Hang + Scap Pull**	Hang, then pull your shoulders down. Arms stay straight.

BANDS ARE A TOOL

Not a rung of their own. Your coach may add one at any rung so you get more strict reps in.

WHERE YOU'LL TRAIN IT

Tuesday FAST skill block (an 8–10 min EMOM at your rung), and the Chin-Ups on Back Squat and OHP days, done at your Pull rung.

HOW PROGRESS IS CHECKED

Every Check week includes a Gymnastics Check: max strict pull-ups, recorded with your rung in SugarWOD.

Stop if anything is painful, not just hard, and tell your coach.
Shoulder history? Talk to us before you start.