



## Upper Body Mobility And Stability: TRX Pull-Ups

### Equipment:

TRX, Thera Mat

### Set-up:

Take out the TRX cable and set Thera mat underneath.

### Description:

Student starts by taking the strain in the TRX and leaning back to straighten arms. To perform a pull up the student pulls body towards TRX handles until elbows are fully flexed. Lower back to straight arm position in a controlled manner.

### Instructions:

Student will begin exercise in position described above. The student is trying to perform as many consecutive full pull ups as they can manage. Arms must return to a straight position after each pull up.

### Scoring:

Student that can perform the most consecutive pull ups will score a 3. The 2<sup>nd</sup> highest number will score a 4, while all others in the group will score a 5.

