

Pull up Progression

- Target Audience: Zero Pull-ups can be performed.
- Frequency: 2 times a week, with 2-3 days of rest.

Day 1

- Negative Chin-Up 4 x 3 reps (3-5 seconds to lower)
- Bent Over Barbell Row 10, 8, 6, 12
- Neutral Grip Lat Pulldown 12, 10, 8

Day 2

- Flexed-Arm Hang 4 x 15 seconds
- Band Assisted Pull-Up 4 x 8-12 reps
- One Arm Dumbbell Row 10, 8, 6 each side

Optional

- Train the biceps 1-2 x a week at the end of this program.
- Forearms can be trained if grip is an issue.

****See page 4 for weekly progressions***

Pull up Progression

- Target Audience: 1-4 pull-ups can be performed
- Frequency: 2 times a week, with 2 days of rest minimum.

Day 1

- Negative Pull-ups 4 x 4 reps (5 seconds to lower)
- Bent Over Barbell Row 10, 8, 6, 15
- Wide Grip Lat Pulldown 12, 10, 8

Day 2

- Flexed-Arm Hang 4 x 30 seconds
- Band Assisted Pull-Up 4 x 8-12
- One Arm Dumbbell Row 3 x 12, 9, 6 each side

STRENGTH & CONDITIONING

Optional

- Train biceps 1-2 x week after your pull-up program.
- Forearms can be trained as well if grip is an issue.

****See page 4 for weekly progressions***

Pull up Progression

- Target Audience: 5+ pull-ups can be completed
- Frequency: 3 times a week with one day of rest in between each day

Day 1

- Pull-Up 4 x 4, 4, 3, 3 reps.

Rest as much as necessary, to complete reps unbroken.

Day 2

- Weighted Pull-Up x 2 reps,

Immediately into;

Negative pull-ups x 3 reps (5 seconds to lower)

Rest 3 minutes between sets x 4 sets

- Bent Over Barbell Row 3 x 12

(increase the weight of each set)

- Incline Chest Supported Dumbbell Row 3 x 12

(increase the weight of each set)

Day 3

- Pull-Up 4 x 4 reps

****See page 4 for weekly progressions***

Pull up Progression

Progression notes:

- Every third week, add 1 rep to all non-weighted pull-up sets.
- Every other week, add 2.5-5kg to the assistance exercises and repeat.
- Every other week, add 1.25-2.5kg to the weighted pull-up.
- Keep all negative chin-ups and pull-up movements slow and controlled aim for 5 seconds eccentric (lower your arms full extended).

