

# Pull-up Programmes

<u>Max Pull-ups</u>	<u>Starting Programme</u>
0-6	Prep Level
7-13	Phase 1
14+	Phase 2

## Prep Level Programme

Week	Day 1	Day 2	Day 3
1	3 assisted 4 assisted 3 assisted 1 negative 1 power hold	3 assisted 5 assisted 4 assisted 1 negative 1 power hold	4 assisted 5 assisted 5 assisted 2 negative 1 power hold
2	8 assisted 5 inverted row 5 assisted 3 inverted row 1 power hold	10 assisted 5 inverted row 8 assisted 4 inverted row 2 negative	10 assisted 6 inverted row 8 assisted 5 inverted row 1 power hold
3	10 assisted 6 inverted row 10 assisted 3 negative 2 power hold	2 pull-up 2 power hold 10 assisted 6 inverted row 10 assisted	3 pull-up 2 power hold 6 inverted row 2 chin-up 1 slow descent
4	3 pull-up 2 power hold 6 inverted row 3 chin-up 2 slow descent	4 pull-up 3 power hold 6 inverted row 3 chin-up 2 slow descent	4 pull-up 4 power hold 4 inverted row 4 chin-up 2 slow descent
5	5 pull-up 4 power hold 4 chin-up 2 slow descent	4 pull-up 3 chin-up 4 pull-up 2 slow descent	5 pull-up 3 pull-up 4 pull-up 2 slow descent

## Phase 1 Programme

Week	Day 1	Day 2	Day 3	Rest
1	5-4-5-4-3	6-5-5-6-4	5-6-6-5-5	60s +
2	6-5-4-6-5	8-5-5-4-4	5-9-5-5-5	60s +
3	8-6-5-6-2w	8-7-6-5-2w	10-6-7-8-2w	60s +
4	8-10-5-5-2w	11-6-8-5-2w	10-10-10-2w	90s +
5	10-9-9-7-6	11-10-9-7-5	14-12-11-9	90s +
6	11-12-11-10-10	15-12-10-9-9	17-15-12	90s +
7	14-16-10-10-10	15-15-10-10-10	14-13-12-11-10	90s +

Set 1: pull-up  
 Set 2: chin-up  
 Set 3: neutral grip  
 Set 4: pull-up  
 Set 5: chin-up  
 (w = wide-grip)

## Phase 2 Programme

Week	Day 1	Day 2	Day 3	Rest
1	12-10-9-9-8	12-10-10-9-9	13-10-10-9-8	90s +
2	15-11-10-9-8	15-12-11-9-8	14-13-12-11-9	90s +
3	15-14-10-12-10	15-14-11-13-10	14-14-14-12-11	90s +
4	17-10-16-10-14	14-19-11-13-9	19-13-14-13-11	90s +
5	22-13-11-10-max	24-10-11-13-max	26-10-11-10-max	90s +
6	30-15-10-15-max	33-16-11-13-max	35-10-11-10-max	90s +
7	30-22-max	34-20-max	35-24-max	-> 5min
8	Take the 50 rep test			

Set 1: pull-up

Set 2: chin-up

Set 3: pull-up

Set 4: pull-up

Set 5: chin-up