



Pull-up Program

What is a Pull-up?

A pull-up is one of the most basic upper body exercises to develop and demonstrate relative strength. This is because you are directly supporting and moving almost all your bodyweight through the movement. It is a common strength-training exercise included in sports, military, general training, and is a great benchmark to test and track upper body strength. But what muscle groups does the pull-up target? Well, it is not a complete upper body exercise. The pull-up trains the muscles in our torso and upper limbs that are responsible for pulling. This includes: The muscles of the back (including latissimus dorsi, teres major, trapezius), the rear shoulder and rotator cuff, and many muscles within the arm (biceps brachii and brachioradialis for elbow flexion, along with the flexors within the forearm for grip). You also use your core and other stabilizing muscles if the pull-up is done properly to maintain a sturdy and neutral core while descending and ascending through the movement.

How to Use This Program

On the next page, you will be testing your pull-up strength to determine which level (and therefore week) you will start at on this program. Once you have your level, you will start on the week that level begins. Of course, everyone is different. So, if you feel like you are not ready for the level you have been assigned, feel free to start one or two weeks earlier to get your bearing! Each week we will have 3 workouts, these will be full-body workouts because remember, the pull-up is not a full-body exercise. Although it's encouraged to focus on one goal to help progress, we wouldn't want your other muscle groups lagging while your pull-ups get stronger. The portion of the workout dedicated to improving your pull-up expertise is highlighted in gold. So, if you already follow a regular full-body strength training program, feel free to add the highlighted pull-up workout to your current schedule.

How to Do a Pull-up

To perform a proper pull-up, choose a bar you feel comfortable grabbing onto that isn't too high from the ground (feel free to you a step to get up and down from the bar). Grab the bar outside of shoulder width (as wide as you feel comfortable with). While keeping your elbows under the bar, ascend by pinching your shoulders back and trying to pull your elbows down until your chin clears the bar. Descend controlled until your arms are fully extended and repeat. Try to maintain a controlled posture in your core. Maintaining a strict and especially consistent pull-up form throughout this program is essential because it will make sure we are improving and not just getting better at compensating.



Remember, our trainers are here to help! If you want to improve your form on pull-ups or any other exercise, feel free to ask them for a demonstration or tips.



Testing

Before we get into training, we need to know our starting point! The goal of this program, and for everyone participating, is to improve the number of repetitions we can do without a rest. However, everyone has a different starting point. So, to make sure we all are being challenged with each workout, we have split this program into 3 levels of workouts. They go as follows:

Level 1 - Weeks 1-4 - Successfully completed 0-5 repetitions

Level 2 - Weeks 5-8 - Successfully completed 5-10 repetitions

Level 3 - Weeks 8-12 - Successfully completed 10+ repetitions

Before you jump to the next level in this program, make sure you reach the eligibility criteria of the next level. Of course, your diet, training intensity, starting point, and genetics will all affect your rate of progress through these weeks. So, if you get stuck at a level for a few extra weeks, don't get discouraged! The exercises change with every level, so be sure to research the form for these new movements before starting a level or ask one of our trainers to coach you through it.

of Repetitions: _____

Starting Level: _____

Warm-up & Cooldown

Don't jump into a set just yet, we need to warm up! When doing the resistance training throughout these upcoming weeks, we will be building and damaging the muscles in our body. We need to make sure before we workout we are properly warmed up and after the workout we properly cooldown to improve mobility and strength, reduce our chance of injury, increase and decrease our heart rate, and improve blood flow so we get all the nutrients we need to not only have a great workout, but recover from one.

Every workout should start with 10 minutes of warming up and end with 5-10 minutes of a cooldown, feel free to follow the warmup and cooldown below.

Warm-up

Cooldown

- Deep Lunge Ankle MOB's x 15 per leg
- Squats x 10
- Side Leg Swing x 10 each side
- Front-back Leg Swing x 10 each side
- Figure 4 Squat x 10 each side
- Band Pull Apart x 15
- Band Around the World x 10
- Arm Swings x 20s
- Assault Bike x 2mins

- Overhead Triceps Stretch x 10s each side
- Cross-arm Stretch x 10s each side
- Standing Hamstring stretch x 10s
- Standing Quadricep Stretch x 10s each side
- Upward Dog x 10s
- Hip Flexor Stretch x 10s each side
- Ankle Wall Stretch x 10s each side

***For Video Demonstrations
of each exercise, visit:
<https://vimeo.com/showcase/9758100>
Password: ProgramDemo***



Pull-up Program Level 1

WORKOUT 1											
Exercise Details				Loads, Reps, Band Resistance, and Weekly Notes							
Exercise	Sets	Reps	Rest	Week 1	Notes	Week 2	Notes	Week 3	Notes	Week 4	Notes
Leg Press Machine	3	8	1-2min								
Chest Press Machine	3	8	1-2min								
Hamstring Curl	3	12	1min								
Assisted Pull-up Machine	2	8-12	1-2min								
DB Row*	2	8-12	1-2min								
Hammer Curl	2	8 each arm	1min								
Treadmill Incline Walk	1	15mins	n/a								

*DB = Dumbbell

WORKOUT 2											
Exercise Details				Loads, Reps, Band Resistance, and Weekly Notes							
Exercise	Sets	Reps	Rest	Week 1	Notes	Week 2	Notes	Week 3	Notes	Week 4	Notes
Goblet Squat	4	8	1-2min								
Hamstring Curl	3	12	1min								
Overhead Press Machine	3	8	1-2min								
Chest Supported Row Machine	2	8-12	1-2min								
BB Curl*	2	8-12	1min								
Dead-hang	1	30s-1min	n/a								
Stationary Bike	1	10mins	n/a								

*BB = Barbell

WORKOUT 3											
Exercise Details				Loads, Reps, Band Resistance, and Weekly Notes							
Exercise	Sets	Reps	Rest	Week 1	Notes	Week 2	Notes	Week 3	Notes	Week 4	Notes
Chest Press Machine	3	8	1-2min								
Leg Extension	3	12	1min								
Calve Raise Machine	2	10	1min								
Assisted Pull-up Machine	2	8-12	1-2min								
CB Pullover*	2	8-12	1min								
Banded Pull-aparts	1	8-12	1min								
Stair Master	1	10mins	n/a								

*CB = Cable

Pull-up Program Level 2

WORKOUT 1											
Exercise Details				Loads, Reps, Band Resistance, and Weekly Notes							
Exercise	Sets	Reps	Rest	Week 1	Notes	Week 2	Notes	Week 3	Notes	Week 4	Notes
Goblet Squat	3	12	2mins								
DB RDL*	2	8	1-2mins								
DB Incline Press	2	12	1-2mins								
Band-assisted Pull-up Supinated*	2	8-12	1-2mins								
CB High-row	2	12 each side	1min								
Rear Delt Fly	2	10	1min								
Treadmill Incline Walk	1	15mins	n/a								

*RDL = Romanian Deadlift

WORKOUT 2											
Exercise Details				Loads, Reps, Band Resistance, and Weekly Notes							
Exercise	Sets	Reps	Rest	Week 1	Notes	Week 2	Notes	Week 3	Notes	Week 4	Notes
DB RDL	3	10	2mins								
Leg Extension Machine	3	10	1min								
DB Overhead Press	3	10	1-2mins								
Lat Pull-down	2	10	1min								
DB Hammer Curl	2	8 each arm	30s								
Dead Hang	2	30s-1min	30s								
Stationary Bike	1	10mins	n/a								

WORKOUT 3											
Exercise Details				Loads, Reps, Band Resistance, and Weekly Notes							
Exercise	Sets	Reps	Rest	Week 1	Notes	Week 2	Notes	Week 3	Notes	Week 4	Notes
Goblet Squat	4	12	1-2mins								
DB Incline Hex Press	3	12	1-2mins								
CB Tricep Pushdown	2	8	1min								
Scapular Pull-ups	2	8-12	1min								
CB Pull-over	2	10	1min								
S.A.* DB Row	2	10	1min								
Stair Master	1	10mins	n/a								

*S.A. = Single Arm

