



30 DAY PULL-UP PROGRESSION PLAN

WEEK 1

This first week consists of just two movements: inverted row and dead hang. You will practice these two movements four times in the first week. Don't hesitate to stay here for another week if you need more practice before moving on to week two.

INVERTED ROW:
3 SETS OF 10 REPS

DEAD HANG FOR TIME:
3 SETS OF 20 SECONDS

WEEK 2

The second week, your time on the dead hand will increase by 10 seconds. You will also add in scapular pull-ups to start initiating the starting position.

INVERTED ROW:
3 SETS OF 10 REPS

DEAD HANG FOR TIME:
3 SETS OF 30 SECONDS

SCAPULAR PULL-UP:
3 SETS OF 10 REPS

WEEK 3

With two weeks of dead hang practice under your belt, the third week will focus more on activating (and strengthening) your lats. Notice the banded and negative pull-ups only have two total sets.

SCAPULAR PULL-UP:
3 SETS OF 10 REPS

BANDED PULL-UP:
2 SETS OF 6 REPS

NEGATIVE PULL-UP:
2 SETS OF 2 REPS

WEEK 4

The last week will be nearly the same as week three, with the addition of a few more sets and reps to negative and band-assisted pull-ups.

SCAPULAR PULL-UP:
3 SETS OF 10 REPS

BANDED PULL-UP:
3 SETS OF 6 REPS

NEGATIVE PULL-UP:
3 SETS OF 3 REPS



30 DAY PULL-UP PROGRESSION PLAN



**INVERTED
ROW**
3 x 10
DEAD HANG
3 x 20

REST

**INVERTED
ROW**
3 x 10
DEAD HANG
3 x 20

REST

**INVERTED
ROW**
3 x 10
DEAD HANG
3 x 20

REST

**INVERTED
ROW**
3 x 10
DEAD HANG
3 x 20

REST

**INVERTED
ROW**
3 x 10
DEAD HANG
3 x 30
SCAP PULL-UP
3 x 10

REST

**INVERTED
ROW**
3 x 10
DEAD HANG
3 x 30
SCAP PULL-UP
3 x 10

REST

**INVERTED
ROW**
3 x 10
DEAD HANG
3 x 30
SCAP PULL-UP
3 x 10

REST

SCAP PULL-UP
3 x 10
**BAND
PULL-UP**
2 x 6
NEGATIVES
2 x 2

REST

REST

SCAP PULL-UP
3 x 10
**BAND
PULL-UP**
2 x 6
NEGATIVES
2 x 2

REST

REST

SCAP PULL-UP
3 x 10
**BAND
PULL-UP**
2 x 6
NEGATIVES
2 x 2

REST

REST

SCAP PULL-UP
3 x 10
**BAND
PULL-UP**
3 x 6
NEGATIVES
3 x 3

REST

REST

SCAP PULL-UP
3 x 10
**BAND
PULL-UP**
3 x 6
NEGATIVES
3 x 3

REST

REST

**TEST: AMRAP
PULL-UP**