

# **THE ULTIMATE GUIDE TO GETTING YOUR FIRST PULL-UP**

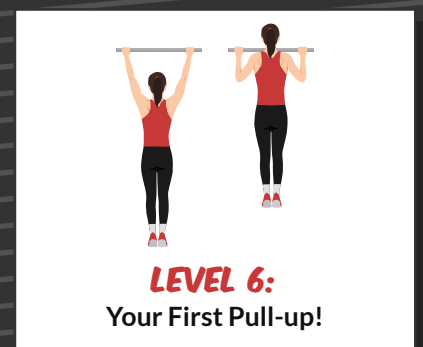
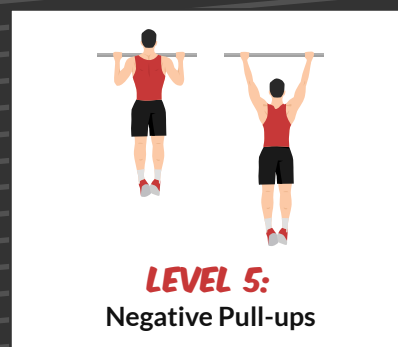
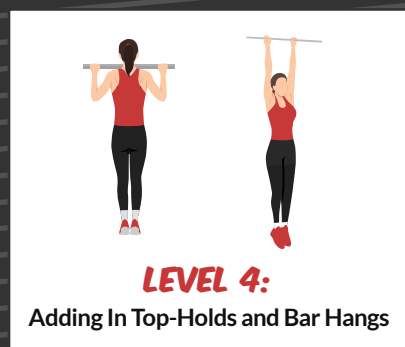
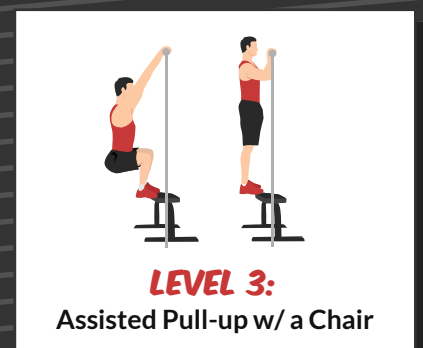
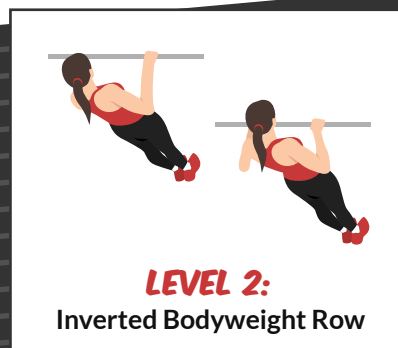
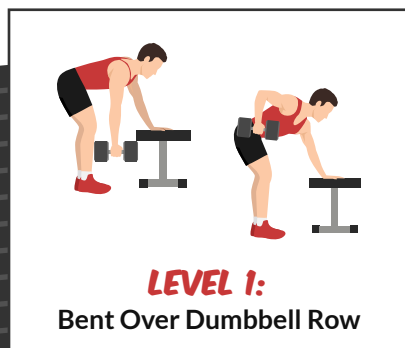


If this is a major area of focus for you, we recommend focusing on your pulling muscles (using the exercises in this guide) as your first exercise of the day after warming up. You'll be the most fresh and able to focus on technique and getting the most out of your time with these movements.

We recommend moving to the next level when you can do 3 sets of 8 reps of a particular exercise.

You'll want to work on your pulling/back muscles ~3x/week to make progress. Allow for enough rest in between doing these exercises so you aren't doing them again while you're still really sore from the previous effort.

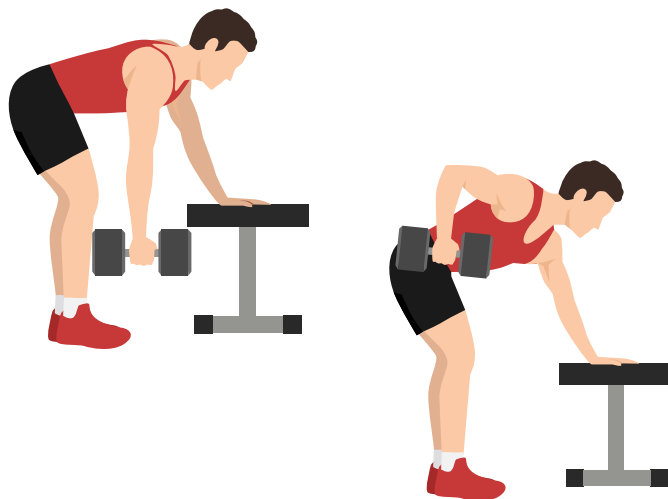
Note: A Pull-up is when your hands face forward when grasping the bar. A Chin-up is when your hands face towards you when grasping the bar.



Level  
1

## BENT OVER DUMBBELL ROW

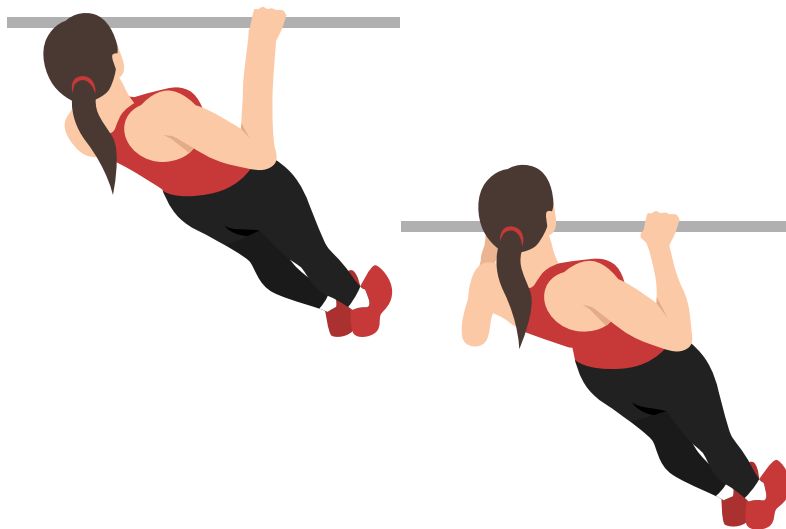
- 8 reps for each arm (or as many as you can do)
- Rest for a 2-minute break
- Do another set
- Repeat until you hit 3 sets
- Pick a weight you can do at least 5 reps with to start.
- Once you can do 8 reps on each arm, it's time for a heavier dumbbell!



Level  
2

## INVERTED BODYWEIGHT ROW

- Shoot for 8 challenging reps
- Rest for a 2-minute break
- Do another set
- Repeat until you hit 3 sets
- You can do these utilizing gymnastics rings, a smith machine, or TRX handles ([see article for details on the set ups](#))
- You can adjust the intensity by how upright you are when performing the exercise. The more upright you are, the easier it will be!



Level  
**3**

# ASSISTED PULL-UP W/ A CHAIR

Now that you've reached level 3, we're going to start adding more variation into your workouts!

- Shoot for 8 challenging reps
- Rest for a 2-minute break
- Do another set
- Repeat until you hit 3 sets
- Use only as much assistance from your feet on the chair as you need. Try to make your arms do the most work!



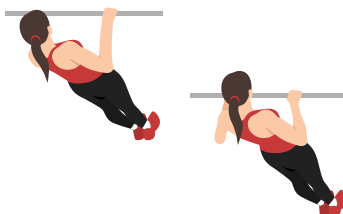
## EXAMPLE LEVEL 3 WORKOUTS:

### MONDAY



**Assisted Pull-ups**  
4 sets of 8 reps

### WEDNESDAY



**Inverted Bodyweight Rows**  
3 sets of 8 reps

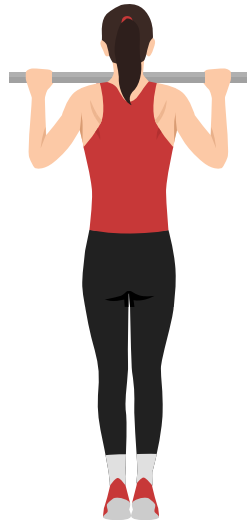
### FRIDAY



**Assistant Chin-ups**  
3 sets of 8 reps

# ADDING IN TOP-HOLDS AND BAR HANGS

For the **Top Holds**, add this in at the start of your workout for 4 sets of 5 seconds.



For the **Bar Hangs**, do this at the end of your workout for 30 to 60 seconds.



## EXAMPLE LEVEL 4 WORKOUTS:

### MONDAY



**Top Hold** (assisted or unassisted)  
4 sets of 5 seconds



**Assisted Pull-ups**  
3 sets of 8 reps

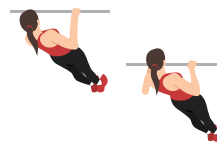


**Bar Hang** (assisted or unassisted)  
30 seconds total time

### WEDNESDAY



**Top Hold** (assisted or unassisted)  
4 sets of 5 seconds



**Inverted Bodyweight Rows**  
3 sets of 8 reps



**Bar Hang** (assisted or unassisted)  
30 to 60 seconds total time

### FRIDAY



**Top Hold** (assisted or unassisted)  
4 sets of 5 seconds



**Assisted Chin-ups**  
3 sets of 8 reps

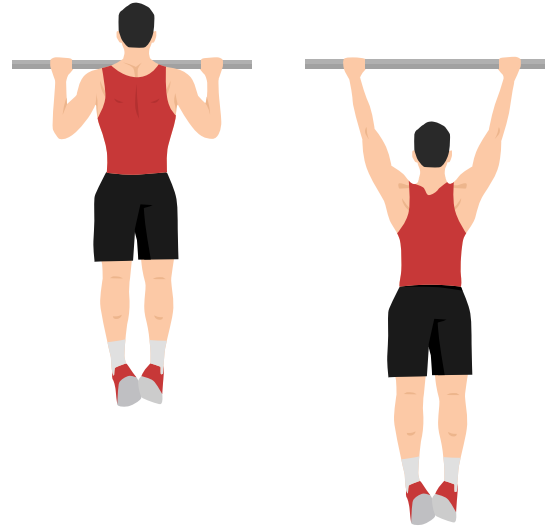


**Bar Hang** (assisted or unassisted)  
30 seconds total time

# NEGATIVE PULL-UPS

Often, we do negatives for many less reps than the other exercises up to this point because they are so potent. Treat them with respect!

- Grab onto bar with an overhand grip.
- Step or jump up so your chest is touching the bar.
- Slowly lower yourself under control until you're at the bottom of the movement (should be a controlled 5 seconds on the way down.)
- You can use your feet for assistance here as needed to make sure the movement is slow and under control! Make sure your set-up is safe!



## EXAMPLE LEVEL 5 WORKOUTS:

### MONDAY



**Negative Pull-ups**  
4 sets of 1 rep



**Assisted Pull-ups**  
3 sets of 8 reps

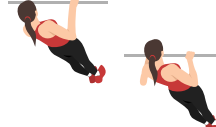


**Bar Hang (unassisted)**  
30 seconds total time

### WEDNESDAY



**Top hold (unassisted)**  
4 sets of 1 rep



**Inverted Bodyweight Rows**  
3 sets of 8 reps



**Bar Hang (unassisted)**  
60 seconds total time

### FRIDAY



**Negative Chin-ups**  
4 sets of 1 rep



**Assisted Chin-ups**  
3 sets of 8 reps



**Bar Hang (unassisted)**  
60 seconds total time

# YOUR FIRST PULL-UP!

I'm a  
**CHAMPION!**

After you've done several weeks of level 5 workouts, you have a decision to make. When am I going to try the full pull-up? When you're ready, here's the technique.

- Grab the bar with a grip slightly wider than shoulder-width, with your hands facing away from you.
- Start from a dead hang.
- Engage your shoulders, pull them down and back towards each other (like you are pinching a pencil between your shoulder blades!)
- Flex your stomach, pull your body until your chest touches the bar.
- Slight pause, yell out "I'm a champion!"
- Lower yourself all the way back down to a dead hang.



## EXAMPLE LEVEL 6 WORKOUTS:

### MONDAY



**Pull-ups**  
4 sets of 1-2 reps



**Assisted Pull-ups**  
3 sets of 8 reps

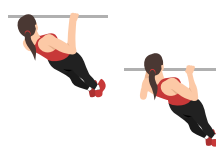


**Bar Hang (unassisted)**  
60 seconds total time

### WEDNESDAY



**Negative Chin-ups**  
4 sets of 1 rep



**Inverted Bodyweight Rows**  
3 sets of 8 reps



**Bar Hang (unassisted)**  
60 seconds total time

### FRIDAY



**Chin-ups**  
4 sets of 1-2 reps



**Assisted Chin-ups**  
3 sets of 8 reps



**Bar Hang (unassisted)**  
60 seconds total time



**CONGRATULATIONS!  
YOU'RE NOW DOING  
PULL-UPS!**

