

Shawna Kaminski, CPT

Ultimate Pull Program



Your guide to doing your first pull up or adding ten more to your personal best

ChallengeWorkouts.com

WELCOME!

And thank you for purchasing this program!

I want to congratulate you; it's obvious that you're serious about your training. First off, the goal to complete your first pull up is a worthy one.

Here are 5 cool reasons why you should challenge yourself to do pull ups:

1. The pull up is the ultimate challenge. When you first try one, it may seem impossible, but after some dedication and hard work, it's so empowering to be able to do one and then more.
2. It's one of those body weight exercises that you can do almost anywhere. Find a playground outside if you don't have a bar in your house and you're set.
3. Pull ups are a compound exercise. They not only hit the back, but they'll target the biceps and the abs as well.
4. A compound exercise is a bonus because this means burning more calories and fat!
5. Pull ups are one of the most impressive exercises you can do. How many people can hop up on a bar and bang out ten pull ups?

And that's where you're headed. Get your first pull up and you'll be getting ten in no time flat.

With the info in my program and some hard work and dedicated training, you're clearly going to up your training game.

Here's more about the program:

This program will consist of strength training workouts for 4 weeks.

Workouts should be done on alternate days (train a day, rest a day), although the rest day may include cardiovascular training or any other type of training as long as it doesn't include strength training.

This program will include full body workouts and each workout should last about 45 minutes.

The goal of each workout is to lift as heavy a weight possible for each set *with proper form*.

NEVER sacrifice form for reps. That is, always use the best form possible to avoid injury and to train the specific muscles intended.

Each workout is outlined with a rep scheme but with no specific weight. You will choose your weight based on these guidelines:

- if you can't get 8 reps, the weight is too heavy**
- if you can get 12 or more reps the weight is too light**
- your weight for each set may change based on this principle**
- as a general rule of thumb, 10 reps is listed**

Unless otherwise specified, take 30 seconds rest between each set.

Each workout should start with a full body warm up that may include 5-10 min of stationary bike, treadmill work, general dynamic stretches such as arm circles, body weight squats etc.

Each workout should end with general cooling down and stretching for 5-10 minutes.

Please refer to the exercise library and video library for details on proper form for each exercise.

Let's get started!

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Here's a trick:

First of all, you need to get your mind focused on the correct muscles in order to get your first pull up. Many people will try to lift with their arms, chest, shoulders, anything to get their body to move. This will get you NO WHERE FAST.

When doing an assisted pull up, you need to be in the correct position. Many people will get into this position:



This is incorrect for a variety of reasons. For one, once you no longer have your legs to use to assist you, you won't be able to maintain this position. As well, you aren't in a position to use your back muscles effectively.

You need to get your body UNDER the bar like this:



You need to position yourself so that you're looking up and you're ready to engage the BACK muscles, NOT must the muscles of the arms. Your legs will be used to help you but they need to be directly UNDER your hips, not in front of you. If you're legs are in front too much, it will cause you to lay back and get out from under the bar (see incorrect position above).

Place the legs directly under your hips for the assisted pull like this:



Using a bench or box directly under you is the most helpful.

It may seem like I'm splitting hairs with the correct position for the assisted pull up, I am.

This is the KEY in order to be successful.

A simple exercise that you're going to do in order for you to FIND your back muscles is to do a simple hang from a suspended bar.

As you hang, look up and think about inwardly rotating your scapula, or squeezing your shoulder blades together. This will cause you to press the chest forward. You should start to feel a slight elevation of your body, even if you can't move your entire body up to the bar.

Every few workouts, you'll do a scapular retraction set where by you 'll try to engage the back muscles in order to do your first pull up.

This is mimicking the same movement as done in the wall stick up so it's important to do stick ups every day to help your mind switch on those back muscles.

Exercise substitutions

In the workouts below, there are some exercises that require 'gym' style workout equipment. If you don't have access to this equipment, then substitute the following with the same set and rep scheme:

Lying leg curls switch to **stability ball leg curls**

Leg press switch to **barbell squat or reverse lunge**

Cable row switch to **BB bent over row or inverted row**

Lat pulldown switch to **assisted pull up or inverted row**

Tricep cable extension switch to **DB overhead extension**

Workout 1

1-Today you will ATTEMPT one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your bench mark test. Make a note of this.

2- Stick ups

- 10 reps
- No rest

3- Assisted pull ups with controlled descent

- 10 reps
- Rest 30 seconds
- repeat

4- Hanging leg raise

- 10 reps
- Rest 30 seconds
- repeat

5- DB row

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

6- Barbell bicep curl

- 10 reps
- Rest 30 seconds
- repeat

7-Push ups to 30 sec plank hold

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

8-Incline chest press

- 10 reps
- Rest 30 seconds
- repeat

9-DB shoulder press

- 10 reps
- Rest 30 seconds
- repeat

10-Barbell Squats

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

11 -Lying hamstring curls (or stability ball curls)

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

12 -Spider crawls

- 10 reps per leg
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching

Workout 2

1-Stick ups

- 10 reps
- No rest

2-Jump pull ups with controlled descent

- 10 reps
- Rest 30 seconds
- Repeat

3-Lat pull down

- 10 reps
- Rest 30 seconds
- repeat

4-Cable row

- 10 reps
- Rest 30 seconds
- repeat

5-Reverse DB flies

- 10 reps
- Rest 30 seconds
- repeat

6-Hanging leg raises

- 10 reps
- Rest 30 seconds
- repeat

7-DB turned out bicep curls

- 10 reps
- Rest 30 seconds
- repeat

8-Bench press

- 10 reps
- Rest 30 seconds
- repeat

9-Push ups

- As many as possible till failure
- Rest 30 seconds
- Repeat

10-Stability ball plank

- As long as possible till failure
- Rest 30 seconds
- Repeat

11-Leg press (or barbell squat)

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

12- Stiff legged dead lifts

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

13-Spider crawl to mountain climber

- 10 reps/leg
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching

Workout 3

1-Stick ups

- 10 reps
- No rest

2-Scapular retraction

- Hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)
- Do as many Reps as possible
- Rest for 30 seconds

3a-Assisted pull ups with controlled descent - 10 reps

- No rest

3b- Cable Row (or bent over row) – 10 reps

- Rest for 30 seconds
- Repeat both exercises (2 sets total)

4-DB row

- 10 reps
- Rest 30 seconds
- repeat

5-Hanging leg raises

- 10 reps
- Rest 30 seconds
- repeat

6-DB bicep curls

- 10 reps
- Rest 30 seconds
- repeat

7-Incline DB press

- 10 reps
- Rest 30 seconds
- Repeat

8a-Push ups – 10 reps

- No rest

8b- Plank Hold – 30 second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

9-DB front raise

- 10 reps
- Rest 30 seconds
- repeat

10-DB tricep over head press

- 10 reps
- Rest 30 seconds
- repeat

11-Barbell deadlift

- 10 reps
- Rest 30 seconds
- repeat

12-Barbell squat

- 10 reps
- Rest 30 seconds
- repeat

13a-Spider crawl – 10 reps per leg

- No rest

13b-Reverse Hip Lift – 10 reps per leg

- 30 rest
- Repeat both exercises 2 more times (3 sets total)

Static Stretching

Workout 4

1-Today you will **ATTEMPT** one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your second benchmark test. Make a note of this.

2-Stick ups

- 10 reps
- No rest

3a-Jump pull ups with controlled descent – 10 reps (or as many as you can)

- No rest

3b-Lat Pull Down (or assisted pull up)– 10 reps (or as many as you can)

- 30 second rest
- Repeat Both exercises 2 more times (3 sets total)

4-Cable rows (or bent over rows)

- 10 reps
- Rest 30 seconds
- repeat

5-Reverse DB fly

- 10 reps
- Rest 30 seconds
- repeat

6-DB wood chop

- 10 reps
- Rest 30 seconds
- repeat

7-Barbell curls

- 10 reps
- Rest 30 seconds
- repeat

8-Barbell squat

- 10 reps
- Rest 30 seconds
- repeat

9-Reverse lunge

- 10 reps each leg
- Rest 30 seconds
- repeat

10a-Bench press – 10 reps

- No rest

10b-Pushup – 10 reps

- 30 second rest
- Repeat Both exercises

11-DB shoulder press

- 10 reps
- Rest 30 seconds
- repeat

12-Tricep DB overhead press

- 10 reps
- Rest 30 seconds
- repeat

13-Stability Ball plank

- 1 Rep to failure
- Rest 30 seconds
- Repeat

Static Stretching

Workout 5

1-Stick ups

- 10 reps
- No rest

2-Assisted pull ups with controlled descent

- 10 reps
- Rest 30 seconds
- repeat

3a-Lat pull down (or assisted pull ups)- 10 reps

- No rest

3b- Cable Row (or bent over rows)- 10 reps

- Rest for 30 seconds
- Repeat both exercises

4-DB rows

- 10 reps each arm
- Rest 30 seconds
- repeat

5-Hanging leg raises – bring knees to opposite elbow

- 10 reps
- Rest 30 seconds
- repeat

6-Barbell curls

- 10 reps
- Rest 30 seconds
- repeat

7-Push up

- as many reps as you can (to failure)
- Rest for 30 seconds
- Repeat

8a- DB shoulder press – 10 reps

- No rest

8b- Front Raise – 10 reps

- Rest for 30 seconds
- Repeat both exercises

9-DB Tricep overhead press

- 10 reps
- Rest 30 seconds
- repeat

10a-Barbell squat (or reverse lunge)– 10 reps

- No rest

10b – Leg Press (or barbell squat) – 10 reps

- Rest 30 seconds
- Repeat both exercises (2 sets total)

11 - Ab roller

- 10 reps
- No rest

12a - Spider crawls – 10 per leg

- No rest

12b -Plank Hold – 30+ seconds

- Rest for 30 seconds
- Repeat both exercises 2 more times (3 Sets total)

Static Stretching

Workout 6

1-Stick ups

- 10 stickups
- No rest
-

2-Scapular retraction

- Hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)
- Try as many as you can
- Rest for 30 seconds

3-Assisted pull up with 4 count decent

- 10 reps
- Rest 30 seconds
- repeat

4-Cable row (or bent over row)

- 10 reps
- Rest 30 seconds
- repeat

5-DB row

- 10 reps per arm
- Rest 30 seconds
- repeat

6-Incline chest press

- 10 reps
- Rest 30 seconds
- Repeat

7a-Push ups – 10 reps

- No rest

7b- Plank Hold – 30 second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

8-DB shoulder press

- 10 reps
- Rest 30 seconds
- Repeat

9-Barbell Squats

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 Sets total)

10-Lying hamstring curls (or stability ball curl)

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

11a -Side plank – hold for 30 seconds each side

- No rest

11b- Spider Crawl – 10 reps each leg

- Rest for 30 seconds
- Repeat both exercises

12-Ab roller

- 10 reps
- Rest 30 seconds
- Repeat

Static Stretching

Workout 7

1-Today you will ATTEMPT one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your third benchmark test. Make a note of this.

2-Stick ups

- 10 reps
- No rest

3-Assisted weighted pull ups with controlled descent (if you can handle it, add 5 lbs to your own body weight, if not, just do body weight)

- 10 reps
- Rest 30 seconds
- Repeat
-

4-Lat pull down (or assisted pull ups, no extra weight)

- 10 reps
- Rest 30 seconds
- Repeat

5-Cable row (or bent over rows)

- 10 reps
- Rest 30 seconds
- Repeat

6-Reverse DB flies

- 10 reps
- Rest 30 seconds
- Repeat

7-Hanging leg raises

- 10 reps
- Rest 30 seconds
- Repeat

8- Turned out bicep curls

- 10 reps
- Rest 30 seconds
- Repeat

9-Bench press

- 10 reps
- Rest 30 seconds
- Repeat

10-Push ups

- As many reps as you can (to failure)
- Rest for 30 seconds
- Repeat

11-Stability ball plank

- 1 rep to failure
- Rest for 30 seconds
- Repeat

12-Leg press (or barbell squat)

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

13-Stiff legged dead lifts

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

14a -Spider crawl- 10 reps each leg

- No rest

14b-Mountain Climber- 10 reps each leg

- Rest for 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching

Workout 8

1.Stick ups

- 10 reps
- No rest

2-Scapular retraction hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)

- Do as many reps as possible
- Rest for 30 seconds

3a-Assisted pull ups with controlled descent – 10 reps

- No rest

3b-Cable Row (or bent over row)- 10 reps

- Rest for 30 seconds
- Repeat both exercises 2 more times (2 sets total)

4-DB row

- 10 reps each arm
- Rest 30 seconds
- Repeat

5-Hanging leg raises

- 10 reps
- Rest 30 seconds
- Repeat

6-DB bicep curls

- 10 reps
- Rest 30 seconds
- Repeat

7a-Push ups – 10 reps

- No rest

7b- Plank Hold – 30 second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

8-Incline DB press

- 10 reps
- Rest 30 seconds
- Repeat

9-DB front raise

- 10 reps
- Rest 30 seconds
- Repeat

10-DB tricep over head press

- 10 reps
- Rest 30 seconds
- Repeat

11-Barbell deadlift

- 10 reps
- Rest 30 seconds
- Repeat

12-Barbell squat

- 10 reps
- Rest 30 seconds
- Repeat

13a-Reverse hip lift – 10 reps each leg

- No rest

13b- Plank Hold – 30+ second hold

- 30 second rest
- Repeat both exercises 2 times (3 sets total)

Static Stretching

Workout 9

1-Stick ups

- 10 reps
- No rest

2a-Jump pull ups with controlled descent – 10 reps (or as many as you can)

- No rest

2b- Lat pull down (or assisted pull up) – 10 reps (or as many as you can)

- 30 second rest
- Repeat 2 more times (3 sets total)

3-Cable rows (or bent over rows)

- 10 reps
- Rest 30 seconds
- Repeat

4-Reverse DB fly

- 10 reps
- Rest 30 seconds
- Repeat

5-DB wood chop

- 10 reps
- Rest 30 seconds
- Repeat

6-Barbell curls

- 10 reps
- Rest 30 seconds
- Repeat

7-Barbell squat

- 10 reps
- Rest 30 seconds
- Repeat

8-Reverse lunge

- 10 reps
- Rest 30 seconds
- Repeat

9a -Bench press – 10 reps

- No rest

9b – Push up – 10 reps

- 30 second rest
- Repeat both exercises

10-DB shoulder press

- 10 reps
- Rest 30 seconds
- Repeat

11-Tricep DB overhead press

- 10 reps
- Rest 30 seconds
- Repeat

12- Stability ball plank

- Hold to failure
- 30 second rest
- Repeat

Static Stretching

Workout 10

1-Stick ups

- 10 reps
- No rest

2-Assisted pull ups with controlled descent

- 10 reps
- Rest 30 seconds
- Repeat

3a-Inverted row – 10 reps

- No rest

3b-Cable Row (bent over row) – 10 reps

- 30 second rest
- Repeat both exercises

4-DB rows

- 10 reps each arm
- Rest 30 seconds
- Repeat

5-Hanging leg raises – bring knees to opposite elbow

- 10 reps
- Rest 30 seconds
- Repeat

6-Barbell curls

- 10 reps
- Rest 30 seconds
- Repeat

7-Push up

- Go to failure
- 30 second rest
- Repeat

8a-DB shoulder press – 10 reps

- No rest

8b- Front Raise – 10 reps

- 30 second rest
- Repeat both exercises

9-DB Tricep overhead press

- 10 reps
- Rest 30 seconds
- Repeat

10a-Leg press (or reverse lunge) – 10 reps

- No rest

10b- Barbell Squat – 10 reps

- 30 second rest
- Repeat both exercises

11a -Ab roller

- 10 reps
- No rest

11b-Spider crawls

- 10 reps each leg
- Rest 30 seconds
- Repeat 2 more time (3 sets total)

Static Stretching

Workout 11

1 - Today you will ATTEMPT one pull up to see how close you are to completing it. Can you move your body at all from the full hanging position? This is your fourth benchmark test. Make a note of this.

2-Stick ups

- 10 reps
- No rest

3-Assisted weighted pull ups with controlled descent (try adding 5 lbs to your own body weight, if not, just do body weight)

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

4-Lat pull down (or inverted row)

- 10 reps
- Rest 30 seconds
- Repeat

5-Cable row (or barbell row)

- 10 reps
- Rest 30 seconds
- Repeat

6-Reverse DB flies

- 10 reps
- Rest 30 seconds
- Repeat

7-Hanging leg raises

- 10 reps
- Rest 30 seconds
- Repeat

8-DB turned out bicep curls

- 10 reps
- Rest 30 seconds
- Repeat

9-Bench press

- 10 reps
- Rest 30 seconds
- Repeat

10-Push ups

- 10 reps
- Rest 30 seconds
- Repeat

11-Stability ball plank

- Hold to failure
- Rest 30 seconds
- Repeat

12-Barbell squats

- 10 reps
- Rest 30 seconds
- Repeat

13-Stiff legged dead lifts

- 10 reps
- Rest 30 seconds
- Repeat

14a-Spider crawl – 10 reps each leg

- No rest

14b –Mountain Climbers – 10 reps each leg

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

Static Stretching

Workout 12

1-Stick ups

- 10 reps
- No rest

2 -Scapular retraction – hang from a bar and try to squeeze the shoulder blades together, down and back. See if you can initiate any movement. (You need to connect the brain to your back muscles to get them to work for you!)

- Try as many reps as possible
- 30 second rest

3-Assisted weighted pull up with 4 count decent (if you can handle adding 5 lbs to your own body weight, do so, if not, just do body weight)

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

4-Inverted row

- 10 reps
- Rest 30 seconds
- Repeat

5-DB row

- 10 reps each arm
- Rest 30 seconds
- Repeat

6a-Push ups – 15 reps

- No rest

6b- Plank Hold – 30+ second hold

- Rest 30 seconds
- Repeat both exercise 2 more times (3 Sets Total)

7-Incline chest press

- 10 reps
- Rest 30 seconds
- Repeat

8-DB shoulder press

- 10 reps
- Rest 30 seconds
- Repeat

9-Barbell Squats

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

10-Lying hamstring curls (or stability ball curls)

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

11-Ab roller

- 10 reps
- Rest 30 seconds
- Repeat 2 more times (3 sets total)

Static Stretching

Test Day

Make sure that you're well rested. You don't want to be sore from your previous workout.

Warm up with the usual dynamic stretches that you've done for the previous twelve workouts.

Do a five stick ups and five scapular retraction reps.

Rest 30 seconds.

Go to your pull up bar, imagine how you'll pull yourself all the way up. Think about what muscles you'll be recruiting, do the rep in your mind before you ever grab onto the bar.

Now get your grip on the bar. Engage the muscles of your back and start the movement, watch how you pull your body up to the bar.

Can you do more than one? You may surprise yourself. Now that you can engage the strong muscles of your back, you may be able to already do more than one rep.

You're ready to move onto phase 2! Congratulations!



PULL UPS!

GETTING FROM 1-5 PULL UPS

**By
Shawna Kaminski C.P.T.**

Pull up Program 2 Getting From 1 to 5 Pull Ups

WELCOME!

You have serious goals to be able to increase the number of pull ups from one to five and beyond.

You're going to surprise yourself with how easily you'll be able to improve your pull up max.

The hardest part is done: that is, getting your first pull up.

Now that you have the technique to do one pull up, all you need to do is increase your strength and endurance.

The cool part about this is that in your effort to get more pull ups, you're going to increase your fitness level to the point that you'll see improvements in ALL your strength moves.

This is a program that will get you super fit. You're in the minority to begin with.

Did you know that less than 5% of people can do a single pull up?

Here are a few more reasons, if you don't have enough already, to increase your pull up max:

- The pull up is clearly the benchmark of strength and awesome-ness in any setting! Of course you want to be in the elite crowd that can do multiple pull ups!
- Obviously you want to challenge yourself and the pull up is the ultimate challenge.
- As a compound movement, you will train and tone a variety of muscles simultaneously.
- The pull up is 'metabolically expensive'. This means it burns a ton of calories. This equates to more muscle building and fat loss which leads to your ideal physique.
- You don't need a ton of fancy and expensive equipment to do a pull up or even train to do one or more.

This program will consist of strength training workouts for 4 weeks.

Workouts should be done on alternate days (train a day, rest a day), although the rest day may include cardiovascular training or any other type of training as long as it doesn't include strength training.

This program will alternate consist of full body workouts and each workout should last about 45 minutes.

The goal of each workout is to lift as heavy a weight possible for each set *with proper form*.

NEVER sacrifice form for reps. That is, always use the best form possible to avoid injury and to train the specific muscles intended.

Each workout is outlined with a rep scheme but with no specific weight. You will choose your weight based on these guidelines:

- if you can't get 8 reps, the weight is too heavy
- if you can get 12 or more reps the weight is too light
- your weight for each set may change based on this principle
- as a general rule of thumb, 10 reps is listed

Unless otherwise specified, take 30-45 seconds rest between each set.

Each workout should start with a full body warm up that may include 5-10 min of stationary bike, treadmill work, general dynamic stretches such as arm circles, body weight squats etc.

This workout will include '**super-sets**' which simply means that you will do two exercises in a row without rest, then you'll take your 30 second rest.

As well, there are a few '**tri-sets**' which include three exercises in a row without rest before you take your 30 sec rest.

'Down the rack' means that you'll start with one weight for 8-10 reps. Then you'll take some weight off and continue the set. You'll keep dropping weight for more sets of 8-10 reps.

Each workout should end with general cooling down and stretching for 5-10 minutes.

Please refer to the exercise library and video library for details on proper form for each exercise.

Let's get started!

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

11. Check with your doctor before starting any new exercise or diet program.
12. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
13. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
14. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
15. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
16. Use proper exercise form and train conservatively in all workouts.
17. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
18. Do NOT do interval training more than 4 times per week.
19. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
20. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Exercise substitutions

In the workouts below, there are some exercises that require 'gym' style workout equipment. If you don't have access to this equipment, then substitute the following with the same set and rep scheme:

Lying leg curls switch to **stability ball leg curls**

Leg press switch to **barbell squat or reverse lunge**

Cable row switch to **BB bent over row or inverted row**

Lat pulldown switch to **assisted pull up or inverted row**

Tricep cable extension switch to **DB overhead extension**

Workout 1

1-Today you will ATTEMPT to do as many pull ups as you can. This is your bench mark test. Make a note of this.

2-Partial assisted pull ups

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

3a-Lat pull down (or assisted pull ups with full range of motion) – 10 reps

- No rest

3b- Cable Row (or bent over row) – 10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

4-Hanging leg raise

- 30 second Hang
- 30 second rest
- Repeat

5-Barbell squat

- 10 reps
- 30 second rest
- Repeat

6-Lying Leg curl (or stability ball curl)

- 10 reps
- 30 second rest
- Repeat

7-Bench press

- 10 reps
- 30 second rest
- Repeat

8a-Lateral raise – 10 reps

- No rest

8b-Rear Delt Raise – 10 reps

- 30 second rest
- Repeat both exercises

9a-Barbell bicep curl – 10 reps

- No rest

9b-Tricep Cable Extension (or tricep overhead press) – 10 reps

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 2

1a-Cable row (or bent over row) – 10 reps

- no rest

1b-Partial Assisted Pull up – 10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

2-DB row

- 10 reps each arm
- 30 second rest
- Repeat

3a-Ab roll out – 30 seconds

- No rest

3b-Hyperextension – 30 seconds

- 30 second rest

4-DB incline press

- 10 reps
- 30 second rest
- Repeat

5-DB shoulder press

- 10 reps
- 30 second rest
- Repeat

6a-Tricep overhead press – 10 reps

- No rest

6b-DB Bicep Curl – 10 reps

- 30 second rest
- Repeat both exercises

7-Leg press (or barbell squat)

- 15 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

8-Barbell reverse lunge

- 10 reps
- 30 second rest
- Repeat

Static Stretchin

Workout 3

1-Partial assisted pull ups with four count decent

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

2-Barbell deadlift

- 15 reps
- 30 second rest
- Repeat

3-Cable row (or inverted row)

- 10 reps
- 30 second rest
- Repeat

4-Hanging leg raise alternating sides

- 15 second hold each side
- 30 second rest
- Repeat

5a-Barbell squat – 10 reps

- No rest

5b- Leg Press (or reverse lunge) – 10 reps

- 30 second rest
- Repeat both exercises

6-Stiff legged dead lifts

- 10 reps
- 30 second rest
- Repeat

7a-Incline DB fly – 10 reps

- No rest

7b-Reverse Delt Raise – 10 reps

- 30 second rest
- Repeat both exercises

8a-Push up – 30 seconds

- No rest

8b-Plank – 30 seconds

- 30 second rest
- Repeat both exercises
- Static Stretching

Workout 4

1a-Partial assisted pull – 30 reps

- No rest

1b –Lat Pull Down (or inverted row) – 30 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

2-Barbell dead lift

- 8 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

3a-Hyperextensions – 30 seconds

- No rest

3b-Ab Roll Out – 30 seconds

- 30 second rest
- Repeat both exercises

4-Prone DB fly

- 10 reps
- 30 second rest
- Repeat

5a-Front raise – 10 reps

- No rest

5b-DB Lateral Raise – 10 reps

- No rest

5c-DB Rear Raise – 10 reps

- 30 second rest
- Repeat all 3 exercises

6a-DB overhead press – 10 reps

- No rest

6b-DB Bicep curl – 10 reps

- 30 second rest
- Repeat each exercise

7-Barbell squat

- 10 reps
- 30 second rest
- Repeat

8-Sprinter start to skip hop

- 30 seconds each leg
- 30 second rest
- Repeat

Static Stretching

Workout 5

1-Jump pull up with four count descent

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

2a-Cable row (or bent over row) – 10 reps

- no rest

2b-Hanging Leg Raise- 30 seconds

- 30 second rest
- Repeat both exercises

3-DB row

- 10 reps each arm
- 30 second rest
- Repeat

4-Barbell bicep curls

- 10 reps
- 30 second rest
- Repeat

5-Leg press (or barbell squat)

- 15 reps
- 30 second rest
- Repeat

6-Reverse barbell lunge

- 15 reps
- 30 second rest
- Repeat

7a-Bench press – 10 reps

- No rest

7b-Push Up – as many as possible till failure

- 30 second rest
- Repeat both exercises (2 sets total)

8a-Shoulder press – 10 reps

- No rest

8b- DB Tricep overhead press – 10 reps

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 6

1-Assisted 'weighted' pull up with 4 count descent (add between 5-10 lbs at the waist as demonstrated in the exercise library/videos)

- 10 reps
- 30 second rest
- Repeat

2-Partial assisted pull ups (unweighted)

- 10 reps
- 30 second rest
- Repeat

3a-DB row – 10 reps each arm (start on the weak side)

- No rest

3b-Bicep Curl – 10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

4a-Hanging leg raise alternating sides – 10 reps

- No rest

4b-Hyperextension -10 reps

- 30 second rest
- Repeat both exercises

5a-Push up – as many as possible till failure

- No rest

5b -Plank – 30seconds – 1 minute

- 30 second rest
- Repeat both exercises

6a-Barbell squat- 15 reps

- No rest

6b-Leg Press (or reverse lunge) – 15 reps

- 30 second rest
- Repeat both exercises 2 more time (3 sets total)

7-Barbell stiff legged deadlift

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 7

1-Pull ups (do assisted once you fail)

- As many as possible till failure
- 30 second rest
- Repeat

2-Barbell deadlift

- 10 reps
- 30 second rest
- Repeat

3a-Cable row (or bento over row)- 10 reps

- No rest

3b-Lat pull down (or assisted pull ups) – 10 reps

- 30 second rest
- Repeat both exercises (total 2 sets)

4a-Ab roll out – 30 seconds

- No rest

4b-Stability Ball Plank – 30 seconds

- 30 second rest
- Repeat

5-Barbell squat

- 10 reps
- 30 second rest
- Repeat

6-Reverse barbell lunge

- 10 reps
- 30 second rest
- Repeat

7-Bench press

- 10 reps
- 30 second rest
- Repeat

8a-Front raise -10 reps

- No rest

8b-Lateral Raise – 10 reps

- No rest

8c-Rear Delt Raise -10 reps

- 30 second rest
- Repeat each exercise (total 2 sets of all)

Static stretching

Workout 8

1-Assisted 'weighted' pull up with four count descent

- As many as possible
- 30 second rest
- Repeat 2 more time (3 sets total)

2-Barbell deadlifts

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

3-Hanging leg raises

- 30 seconds
- 30 second rest
- Repeat

4-Incline DB press

- 10 reps
- 30 second rest
- Repeat

5a-Barbell bicep curl -10 reps

- No rest

5b-Tricep Overhead Press -10 reps

- 30 second rest
- Repeat

6-Leg press (or barbell squat)

- 15 reps
- 30 second rest
- Repeat

7-Lying leg curl (or stability ball curl)

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 9

1a-Partial assisted pull up – to failure

- No rest

1b-hanging leg raise – to failure

- 30 second rest
- Repeat both exercises (total 2 sets)

2aLat pull down (or inverted row) – 10 reps

- No rest

2b-Cable Row (or bent over row) – 10 reps

- 30 second rest
- Repeat both exercises

3a-Hanging leg raise – 30 seconds

- No rest

3b- Ab Roll Out – 30 seconds

- 30 second rest
- Repeat both exercises

4-Sprinter start to skip hop

- 10 reps each side
- 30 second rest
- Repeat 2 more time (3 sets total)

5-Leg press (or barbell squat)

- 10 reps
- 30 second rest
- Repeat

6a-DB bench fly – 10 reps

- No rest

6b- Push up- as many as possible to failure

- 30 second rest
- Repeat both exercises

7a-Tricep cable extension (or DB tricep over head press) – 10 reps

- No rest

7b-DB Turned out Bicep Curl – 10 reps

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 10

1a-Push up – as many as possible till Failure

- No rest

1b –Pull up – as many as possible till Failure

- 30 Second rest
- Repeat 2 more times (3 sets total)

2a-Cable row (or inverted row)- 10 reps

- No rest

2b-Incline DB fly superset – 10 reps

- 30 second rest
- Repeat both exercises

3a-DB row – 10 reps each arm

- No rest

3b-DB bicep curl – 10 reps

- 30 second rest
- Repeat both exercises (total 2 sets)

4a-Shoulder press – 10 reps

- No rest

4b-Tricep Cable Extension (or DB tricep overhead press)– 10 reps

- 30 second rest
- Repeat both exercises

5-Ab windshield wiper

- 30 seconds
- 30 second rest
- Repeat 2 more times (3 sets total)

6-Barbell squat

- 10 reps
- 30 second rest
- Repeat

7-Leg press (or reverse lunge)

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 11

1-Barbell deadlift

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

2-Lat pull down (or inverted row)

- 10 reps
- 30 second rest
- Repeat

3-Pull ups (go to assisted if need be)

- As many as possible till failure
- 30 second rest
- Repeat

4-Hanging leg raises

- 30 seconds
- 30 second rest
- Repeat 2 more times (3 sets total)
-

5-Barbell bicep curl

- 10 reps
- 30 second rest
- Repeat

7-Bench press

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

8a-DB lateral raise -10 reps

- No rest

8b-Tricep Cable Extension (or DB overhead press) – 10 reps

- 30 second rest
- Repeat both exercises

9-Sprinter Start Skip Hop

- 30 seconds per leg
- 30 second rest
- Repeat 2 more times (3 sets total)

10-Lying leg curl (or stability ball curl)

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 12

1-Cable row 'down the rack' (or bent over rows with 3 different sets of weights for 15 reps)

- 15 reps
- 30 second rest
- Repeat - dropping weight 3 times during the 10 reps

2-Lat pull down (or inverted row)

- 10 reps
- 30 second rest
- Repeat

3a-Windshield wiper – 30 seconds

- No rest

3b-Hanging leg curl to alternate sides – 30 seconds

- 30 second rest
- Repeat 2 more times (3 sets total)

4a-Barbell squat – 15 reps

- No rest

4b-Leg press (or reverse lunge) – 15 reps

- 30 second rest
- Repeat each exercise 3 more times (4 set total)

5-Incline BB press

- 10 reps
- 30 second rest
- Repeat

6a-Shoulder press – 10 reps

- No rest

6b-Rear Delt Raise – 10 reps

- 30 second rest
- Repeat both exercises

7a -Barbell bicep curl -10 reps

- No rest

7b-Tricep Overhead DB Press – 10 reps

Static Stretching

Workout 13

1a-Pull up (assisted if need be) – as many as possible

- No rest

1b-Hanging leg raise – 10 each side

- 30 second rest
- Repeat each exercise

2a-Cable row (or bent over row)– 10 reps

- No rest

2b-Lat pull down (or assisted pull ups) -10 reps

- 30 second rest
- Repeat both exercises

3a-Bench press- 10 reps

- No rest

3b- Incline DB fly – 10 reps

- 30 second rest
- Repeat both exercises

4a-Push up – go till Failure

- No rest

4b-Plank – 30 seconds to 1 minute

- 30 second rest
- Repeat both exercises

5a-Shoulder press – 10 reps

- No rest

5b-Tricep Cable Extension (or DB tricep extension)- 10 reps

- 30 second rest
- Repeat both exercises

6-Sprinter start to skip hop

- 15 reps per leg
- 15 second rest
- Repeat 2 more times (3 sets total)

7-Barbell squat

- 15 reps
- 30 second rest
- Repeat

Static Stretching

Workout 14

1-Lat pull down 'down the rack' (or bent over rows with 3 different sets of weights for 15 reps)

- 15 reps
- 30 second rest
- Repeat - dropping weight 3 times during the 10 reps

2-Partial assisted pull ups

- 10 reps
- 30 second rest
- Repeat

3a-DB row – 10 reps each arm

- No rest

3b-Bicep Curl – 10 reps

- 30 second rest
- Repeat both exercises

4a-Ab roll out – 30 seconds

- No rest

4b- Windshield wiper – 30 seconds

- 30 second rest
- Repeat both exercises 2 more time (3 sets total)

5-Leg press (or barbell squats)

- 10 reps
- 30 second rest
- Repeat

6-Stiff legged deadlifts

- 10 reps
- 30 second rest
- Repeat

7-Incline bench press

- 10 reps
- 30 second rest
- Repeat

8-Prone DB fly

- 10 reps
- 30 second rest
- Repeat

9a-Lateral raise – 10 reps

- No rest

9b-Tricep Cable Extension (or DB tricep overhead press)- 10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

Static Stretching

Workout 15

1-Pull up ‘top/bottom/full’

- As many reps as possible
- 30 second rest
- Repeat

2a-Barbell deadlift – 10 reps

- No rest

2b- Barbell Bicep Curls – 10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

3-Ab windshield wiper

- 30 seconds
- 30 second rest
- Repeat 2 more times (3 sets total)

4a-Push up – to failure

- No rest

4b-Plank – hold for 30 seconds to 1 minute

- 30 second rest
- Repeat both exercises

5a-Front raise – 10 reps

- No rest

5b-Lateral raise – 10 reps

- No rest

5c-Rear Delt raise – 10 reps

- 30 second rest
- Repeat all 3 exercises

6a-Barbell squat -10 reps

- No rest

6b-Leg Press (or reverse lunge) – 10 reps

- 30 second rest
- Repeat both exercises

7-Lying leg curl (or stability ball curl)

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 16

1a--Barbell deadlift -10 reps

- No rest

1b-Cable Row (or inverted row)– 10 reps

- 30 second rest
- Repeat both exercises

2-Pull up (assisted if need be)

- 10 reps
- 30 second rest
- Repeat

3a-Hyperextensions -10 reps

- No rest

3b – Hanging Leg Raises – 10 reps

- 30 second rest
- Repeat both exercises

4a-Lying leg curl (or stability ball curl) - 10 reps

- No rest

4b-Leg Press (or barbell squats) – 10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

5-Bench press ‘down the rack’

- 15 reps
- 30 second rest
- Repeat - dropping weight 3 times during the 15 reps

6a-Barbell bicep curl – 10 reps

- No rest

6b-Tricep overhead DB extension -10 reps

- 30 second rest
- Repeat both exercises

7-Ab windshield wiper

- 30 seconds
- 30 second rest
- Repeat 2 more times (3 sets total)

Static Stretching

Test Day

Make sure that you're well rested. You don't want to be sore from your previous workout so take at least one to two days after day 16 of the program and this test.

Warm up with the usual dynamic stretches that you've done for the previous sixteen workouts.

Do a five stick ups and five scapular retraction reps.

Rest 30 seconds.

Get a realistic number of reps of pull ups in your head that you'll perform. Go to your pull up bar, imagine how you'll pull yourself all the way up. Think about what muscles you'll be recruiting,

Now get your grip on the bar. Engage the muscles of your back and start the movement, watch how you pull your body up to the bar.

How many reps can you do? You'll surprise yourself. Now that you can engage the strong muscles of your back, you'll be ready to do multiple pull ups.

You're ready to move onto phase 3! Congratulations!



PULL UPS!

INCREASING TO YOUR MAX NUMBER OF PULL UPS

**By
Shawna Kaminski C.P.T.**

Advanced Pull up Program 3

Increasing to Your Max Number of Pull Ups

You're in the elite crowd...congratulations!

This is an advanced program, so if you're looking at this, you need to be patted on the back for your ultra fitness status.

Less than 5% of people can do a single pull up.

You not only can do one pull up, but several. Good job!

So let's take your already ultra fit status and up your game.

You're going to improve your pull up max, but in the process, you'll improve all your strength moves. As well, you're going to improve your endurance.

This sort of program is NOT for the faint of heart.

You clearly show self-discipline to be able to take a program such as this and follow it on your own without a trainer barking in your ear.

You have the inner strength that few others demonstrate.

Once you get to this point, training becomes more of a mental game, a mindset if you will. Once you set your mind on something (and you have the technique), you have the will to go into the pain zone to accomplish your goal.

This is what separates the men from the boys, or, the women from the girls!

Mental toughness.

I'm excited for you to use this program to not only improve your strength and physique, but to up your mental game as well. Mental toughness comes in handy in all aspects of life. It starts with proving yourself in the physical arena, but crosses over every day.

Stay in touch and keep me posted on your progress!

Good luck, then again, you don't need luck, you make your own luck.

This program will consist of strength training workouts for 6 weeks.

Workouts can be done consecutively, that is do workout 1 on day 1, workout 2 on day 2, rest on day 3 and so forth. Your rest day may include cardiovascular training or any other type of training as long as it doesn't include strength training.

This program will alternate consist of splitting your workouts into back/shoulder and chest/leg workouts. Each workout should last about 45 minutes.

The goal of each workout is to lift as heavy a weight possible for each set *with proper form*.

NEVER sacrifice form for reps. That is, always use the best form possible to avoid injury and to train the specific muscles intended.

Each workout is outlined with a rep scheme but with no specific weight. You will choose your weight based on these guidelines:

- if you can't get 8 reps, the weight is too heavy
- if you can get 12 or more reps the weight is too light
- your weight for each set may change based on this principle
- as a general rule of thumb, 10 reps is listed

Unless otherwise specified, take 30-45 seconds rest between each set.

Each workout should start with a full body warm up that may include 5-10 min of stationary bike, treadmill work, general dynamic stretches such as arm circles, body weight squats etc.

This workout plan will include '**super-sets**' which simply means that you will do two exercises in a row without rest, then you'll take your 30 second rest.

As well, there are a few '**tri-sets**' which include three exercises in a row without rest before you take your 30 sec rest.

'**Down the rack**' means that you'll start with one weight for 8-10 reps. Then you'll take some weight off and continue the set. You'll keep dropping weight for more sets of 8-10 reps.

Each workout should end with general cooling down and stretching for 5-10 minutes.

Please refer to the exercise library and video library for details on proper form for each exercise.

Let's get started!

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

21. Check with your doctor before starting any new exercise or diet program.
22. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
23. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
24. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
25. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
26. Use proper exercise form and train conservatively in all workouts.
27. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
28. Do NOT do interval training more than 4 times per week.
29. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
30. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Exercise substitutions

In the workouts below, there are some exercises that require 'gym' style workout equipment. If you don't have access to this equipment, then substitute the following with the same set and rep scheme:

Lying leg curls switch to **stability ball leg curls**

Leg press switch to **barbell squat or reverse lunge**

Cable row switch to **BB bent over row or inverted row**

Lat pulldown switch to **assisted pull up or inverted row**

Tricep cable extension switch to **DB overhead extension**

Workout 1

1-Today you will do a few bench mark tests:

2a-Pull up (regular shoulder width grip)

- As many reps as possible & write it down
- 2 minute rest

2b-Narrow grip pull up

- As many reps as possible & write it down
- 2 minute rest

2c-Chin up (palms facing toward the body)

- As many reps as possible & write it down
- 2 minute rest

Make a note of each test, how many reps did you perform of each? Ensure that you follow this same order.

3a-BB Deadlift –10 reps (use two different BB's so you don't have to strip or change the weight)

- No rest

3b-BB Bicep Curl – 10 reps

- 30 second rest
- Repeat each exercise

4a-Reverse DB fly – 10 reps

- No rest

4b-Lateral Raise – 10 reps

- 30 second rest
- Repeat each exercise

Static Stretching

Workout 2

1-Bench press

- 10 reps
- 30 second rest
- Repeat

2a-Incline DB fly – 10 reps

- No rest

2b-Push up – go to failure

- No rest

2c-Plank – 45-60 seconds

- 30 second rest
- Repeat each exercise

3-Leg press (or barbell squats)

- 15 reps
- 30 second rest
- Repeat

4-BB reverse lunge

- 10 reps
- 30 second rest
- Repeat

5-Lying ham curls (or stability ball curls)

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 3

1a-Weighted pull up – 10 reps

- No rest

1b- Hanging leg raise to alternate side (drop the weight)- 10 reps

- 30 second rest
- Repeat each exercise

2-DB row

- 10 reps each arm
- 30 second rest
- Repeat 2 more (3 sets total)

3a-Lat pull down (or inverted row) – 10 reps

- No rest

3b-Hyperextension – 10 reps

- 30 second rest
- Repeat 2 more times (3 sets total)

4a-DB lateral raise – 10 reps

- No rest

4b-Reverse fly (DB rear delt fly) – 10 reps

- No rest

4c- Stability ball plank – 45-60 second hold

- 30 second rest
- Repeat 2 more times (3 sets total)

5a-BB curl – 10 reps

- No rest

5b-DB turned out curl – 10 reps

- No rest
- Repeat each exercise 2 more times (3 sets total)

Workout 4

1a-Bench press – 10 reps

- No rest

1b-Push up – go till failure

- No rest

1c-Spider crawl – 45 -60 seconds

- No rest
- Repeat each exercise 2 more times (3 sets total)

2a-Tricep overhead DB press – 10 reps

- No rest

2b- Hanging leg raise – 10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

3a-BB reverse lunge – 10 reps

- No rest

3b- Sprinter start skip hop – 10 reps each leg

- 30 second rest
- Repeat each exercise 2 more times (3 sets total)

4-Leg press (or barbell squat)

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 5

1a-BB Deadlift – 10 reps

- No rest

1b-Pull up (or assisted pull up) - 10 reps

- 30 second rest
- Repeat each exercise 2 more times (3 sets total)

2-Narrow grip pull up negatives (assisted on the way up, 4 count descent on the way down)

- 10 reps
- 30 second rest
- Repeat

3a-Cable rows (or bent over rows) – 10 reps

- No rest

3b-Hyperextensions – 10 reps

- 30 second rest
- Repeat each exercise 2 more times (3 sets total)

4a-DB row – 10 reps

- No rest

4b-Hanging leg raises – 10 reps

- 30 second rest
- Repeat each exercise 2 more times (3 sets total)

5a-DB lateral raise - 10 reps

- No rest

5b-Reverse fly (DB rear delt fly)- 10 reps

- No rest

5c-BB bicep curl – 10 reps

- 30 second rest
- Repeat each exercise (2 sets total)

6a-Stability ball plank – 45-60 seconds

- No rest

6b-Reverse hip lift – 45-60 seconds

- No rest
- Repeat

Static Stretching

Workout 6

1a-BB squat -10 reps

- No rest

1b-Push up – to failure

- 30 second rest
- Repeat both exercise 2 more times (3 sets total)

2a-DB incline fly -10 reps

- No rest

2b- leg press (or barbell squat) – 10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

3a-Lying hamstring curl (or stability ball curl) -10 reps

- No rest

3b-DB tricep overhead press – 10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

4a-Bicycle crunch – 45-60 seconds

- No rest

4b-Spider crawl – 45-60 seconds

- No rest

4c-Hanging leg raise – 45-60 seconds

- 30 second rest
- Repeat each exercise 2 more times (3 sets total)

Static Stretching

Workout 7

1-Pull up with 4 count descent –, focus on the negative (the descent), do assisted if necessary

- 10 reps
- 30 second rest
- Repeat

2-Rope climb – go as high as you can – once, careful on the descent

- 30 second rest
- Repeat 2 more times (3 sets total)

3-DB row

- 10 reps each arm
- No rest
- Repeat exercise 2 more times (3 sets total)

4a- Reverse fly (DB rear delt fly) - 10 reps

- No rest

4b- Hyperextensions – 10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

5-Hanging leg raise

- 10 reps
- 30 second rest
- Repeat

6-Ab roller

- 10 reps
- 30 second rest
- Repeat

Static Stretching

Workout 8

1-Squat down the rack – you will do a total of 30 reps, start heavier and lighten up each drop:

- weight one: 10 reps
- weight two: 10 reps
- weight three: 10 reps
- 2 min rest
- Repeat 2 more times (3 sets total)

2-Stiff legged dead lift

- 10 reps
- 30 second rest
- Repeat

3a-Push up – to failure

- No rest

3b-Plank –45-60 seconds

- 30 second rest
- Repeat (2 sets total)

4a-DB prone fly – 10 reps

- no rest

4b-Tricep cable extension (or DB tricep overhead press) – 10 reps

- 30 second rest
- Repeat both exercises

5a-Spider crawl – 45 – 60 seconds

- No rest

5b-Ab roller – 45-60 seconds

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 9

1-Rope climb – (depends on height of rope, go as high as you can)

- As many hand over hand reps as possible
- 30 second rest
- Repeat

2-Kipping pull up – do assisted pull ups if necessary

- 10 reps
- 30 second rest
- Repeat
-

3a-Deadlift – 10 reps

- No rest

3b-Cable row (or inverted row) –10 reps

- 30 second rest
- Repeat

4a-DB row – 10 reps each arm

- No rest

4b-DB single bicep curl – 10 reps, do one arm at a time

- 30 second rest
- Repeat both exercises (2 sets total)

5a-Reverse fly (DB rear delt fly) - 10 reps

- No rest

5b-Hyper extensions -10 reps

- No rest

5c-Bicycle crunch – 10 reps each leg

- 30 second rest
- Repeat all 3 exercises 2 more times (3 sets total)

Static Stretching

Workout 10

1a-Leg press (or BB reverse lunge) – 10 reps

- No rest

1b-Squat –10 reps

- 30 second rest
- Repeat

2-Stiff legged dead lifts

- 10 reps
- 30 second rest
- Repeat

3a-Incline DB fly – 10 reps

- No rest

3b- Tricep cable extensions –10 reps

- 30 second rest
- Repeat both exercises

4a-Push ups – to failure

- No rest

4b-Stability ball plank –45-60 seconds

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 11

1-Pull ups – top/bottom/full – do assisted if necessary

- 3-4 reps each position
- 30 second rest
- Repeat

2-Weighted pull up – do assisted if necessary

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

3a-Deadlift -10 reps, change bars when going to bicep curl to minimize time to strip/add weight

- No rest

3b- BB bicep curl -10 reps

- 30 second rest
- Repeat

4a-Hyperextensions – 10 reps

- No rest

4b-Reverse fly (DB rear delt fly) – 10 reps

- 30 second rest
- Repeat both exercises

5a-Hanging alternate leg raise – 45-60 seconds

- No rest

5b-Plank – 45-60 seconds

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 12

1a-Bench press – 10 reps

- No rest

1b-BB squat – 10 reps

- 30 second rest
- Repeat each exercise 2 more times (3 sets total)

2a-Stiff legged dead lifts – 10 reps

- No rest

2b-Push ups – to failure

- No rest

2c-Plank –45-60 second hold

- 30 second rest
- Repeat all 3 exercises 2 more times (3 sets total)

3a-Sprinter start skip hop – 30 seconds on each leg

- No rest

3b-Hanging leg raise –30 seconds

- 30 second rest
- Repeat both exercises (2 sets total)

4-Stability Ball Plank

- To failure

Static Stretching

Workout 13

1-Today you will do a few benchmark tests:

2-Pull up test (regular shoulder width grip)

- Rest 2 minutes

3-Narrow grip pull up test

- Rest 2 minutes

4-Chin up test (palms facing toward the body)

- Rest 2 minutes

5-Make a note of each test, how many reps did you perform of each? Ensure that you follow this same order.

6-Cable row down the rack -you will do a total of 30 reps, start heavier and lighten up each drop:

- weight one: 10 reps
- weight two: 10 reps
- weight three: 10 reps
- 2 min rest
- Repeat 2 more times (3 sets total)

7a-DB row – 10 reps each arm

- no rest

7b-Reverse fly (DB rear delt fly) –10 reps

- 30 second rest
- Repeat both exercises

8a-Bicep turned out curl – 10 reps

- No rest

8b-Ab roll out –10 reps

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 14

1-Bench press (increase weight each set)

- 12 reps
- 10 reps
- 8 reps
- 10 reps
- 12 reps
- 30 second rest between each rep (5 sets total)

2-Push up to failure

- 30 second rest

3a-Tricep cable extension (or DB tricep overhead press) – 10 reps

- No rest

3b-Hanging alternate leg raise – 10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

4-Squat

- 12 reps
- 10 reps
- 8 reps
- 10 reps
- 12 reps
- 30 second rest between each rep (5 sets total)

5-Lying hamstring curl (or stability ball curl)

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

Static stretching

Workout 15

1-Rope pull up

- Do one set with Right hand at the top
- 30 second rest
- Do second set with Left hand at the top
- 30 second rest
- Total of 2 sets were done

2-BB deadlift

- 12 reps, 10 reps, 8 reps, 6 reps
- 30 second rest between each rep (4 sets total)

3-Cable row (or bent over rows)

- 12 reps
- 10 reps
- 8 reps
- 10 reps
- 12 reps
- 30 second rest between each rep (5 sets total)

4a-DB lateral raise – 10 reps

- No rest

4b-BB bicep curl –10 reps

- 30 second rest
- Repeat both exercises

5a-Hanging alternate leg raise – 45 -60 seconds

- No rest

5b-Ab roller – 45-60seconds

- No rest
- Repeat both exercises

Static Stretching

Workout 16

1-Leg press down the rack (or barbell squats) – you will do a total of 30 reps, start heavier and lighten up each drop:

- weight one: 10 reps
- weight two: 10 reps
- weight three: 10 reps
- 2 min rest
- Repeat 2 more times (3 sets total)

2-Stiff legged deadlift

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

3a-Incline DB fly – 10 reps

- No rest

3b-Tricep DB overhead press –10 reps

- 30 second rest
- Repeat both exercises 2 more times (3 sets total)

4a-Push up – to failure

- No rest

4b-Stability ball plank – 45 -60 second plank

- 30 second rest
- Repeat both exercises (2 sets total)

Static Stretching

Workout 17

1-Weighted pull up with 4 count descent –do assisted if necessary

- 10 reps
- 30 second rest
- repeat

2-Rope climb with 3 pull ups at the top

- Do as many hand over hand climbs, finish with 3 pull ups (left hand for one ser/right hand for one set)
- 30 second rest
- Repeat (2 sets total)

3-DB row

- 10 reps each arm
- 30 second rest
- repeat

4a-Reverse fly (DB rear delt fly) -10 reps

- no rest

4b- Hyperextensions – 10 reps

- 30 second rest
- Repeat both exercises

5a-DB turned out bicep curl – 10 reps

- No rest

5b- Spider crawl –45-60 seconds

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 18

1a-Squat – 10 reps

- No rest

1b-push up –to failure

- 30 second rest
- Repeat both exercises (3 sets total)

2a-Incline BB press – 10 reps

- No rest

2b- leg press (or reverse lunge) – 10 reps

- 30 second rest
- Repeat both exercises (3 sets total)

3a- Cable tricep extensions (or DB tricep overhead press) – 10 reps

- No rest

3b-Ball roll out – 10 reps

- No rest

3c-Hanging leg raise – 10 reps

- 30 second rest
- Repeat all 3 exercises

Static Stretching

Workout 19

1a-Deadlift – 10 reps (use a different BB than for the bicep curl to reduce time to add/strip weight)

- No rest

1b-BB bicep curl – 10 reps

- 30 second rest
- Repeat both exercises (3 sets total)

2a-Narrow grip pull up – 10 reps (do assisted if necessary)

- No rest

2b-Hyperextensions –10 reps

- 30 second rest
- Repeat both exercises (3 sets total)

3a-Reverse fly (DB rear delt fly)– 10 reps

- No rest

3b-DB lateral raise –10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

4a-Hanging leg raise- 45-60 seconds

- No rest

4b-Reverse hip lift -45-60 seconds

- No rest

4c-Plank –45-60 seconds

- 30 second rest
- Repeat all 3 exercises 2 more times (3 sets total)

Static Stretching

Workout 20

1a-Bench press - 10 reps

- No rest

1b-push up - to failure

- 30 second rest
- Repeat both exercises (3 sets total)

2-Incline DB fly

- 10 reps
- 30 second rest
- repeat (2 sets total)

3a-Sprinter start skip hop - 15 per leg

- no rest

3b-reverse lunge -15 per leg

- 30 second rest
- Repeat both exercises (2 sets total)

4a-Squat -10 reps

- No rest

4b-Stiff legged dead lifts -10reps

- 30 second rest
- Repeat both exercises (3 sets total)

Static stretching

Workout 21

1-Weighted pull up with 4 count descent, do assisted pull ups if necessary – 10 reps

- 30 second rest
- repeat

2-Top/mid/full pull up

- 3-4 reps each position
- 30 second rest

3-DB row

- 10 reps each arm
- 30 second rest
- Repeat 2 more times (3 sets total)

4a-Reverse fly (DB rear delt fly) – 10 reps

- No rest

4b- Hyperextension – 10 reps

- 30 second rest
- Repeat both exercises

5a-BB bicep curl – 10 reps

- No rest

5b- Bicycle crunch – 45-60 seconds

- no rest

5c-Stability ball plank – 45-60 seconds

- 30 second rest
- Repeat all 3 exercises

Static Stretching

Workout 22

1-Squat down the rack -- you will do a total of 30 reps, start heavier and lighten up each drop:

- weight one: 10 reps
- weight two: 10 reps
- weight three: 10 reps
- 2 min rest
- Repeat 2 more times (3 sets total)

2a-Lying curl (or stability ball curl) – 10 reps

- No rest

2b-Stiff legged dead lift –10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

3-Incline BB press

- 10 reps
- 30 second rest
- Repeat 2 more times (3 sets total)

4-Prone DB fly

- 10 reps
- 30 second rest
- repeat

5a-Spider crawl – 45- 60 seconds

- no rest

5b-ab roll out – 45-60 seconds

- no rest

5c-plank –45 -60 seconds

- 30 second rest
- Repeat all (2 sets total)

Static stretching

Workout 23

1a-Deadlift – 10 reps

- No rest

1b-Kipping pull up – to failure

- 30 second rest
- Repeat both exercises (2 sets total)

2a-Cable row (or inverted row)– 10 reps

- No rest

2b-Kipping pull up – to failure

- 30 second rest
- Repeat both exercises (2 sets total)

3a-DB lateral raise – 10 reps

- No rest

3b-spider crawl -45-60 seconds

- No rest

3c-reverse hip lift – 45 – 60 seconds

- 30 second rest
- Repeat all 3 exercises 2 more times (3 sets total)

4a-Hanging leg raise – 10 reps

- No rest

4b-DB turned out bicep curl – 10 reps

- 30 second rest
- Repeat both exercises

Static Stretching

Workout 24

5a-Bench press – 10 reps

- No rest

5b-Prone DB fly – 10 reps

- No rest

5c-Push up – to failure

- 30 seconds rest
- Repeat all 3 exercises (2 sets total)

6a-Tricep cable extension (or DB tricep overhead press) – 10 reps

- No rest

6b- Hanging alternate leg raise –10 reps

- 30 second rest
- Repeat both exercises

7a-Squat – 10 reps

- No rest

7b-Alternate reverse BB lunge–10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

8a-Leg press (or sprinter start skip hop) – 10 reps

- No rest

8b-Lying hamstring curl (or stability ball curl)–10 reps

- 30 second rest
- Repeat both exercises (2 sets total)

Test Day

Make sure that you're well rested. You don't want to be sore from your previous workout so take at least one to two days after day 24 of the program and this test.

Warm up with the usual dynamic stretches that you've done for the previous workouts.

- Go to the bar, hang from it, do a few partial reps.
- Rest 30 seconds.

Get a realistic number of reps of pull ups in your head that you'll perform. Go to your pull up bar, imagine how you'll pull yourself all the way up. Think about what muscles you'll be recruiting,

- Now get your grip on the bar. Engage the muscles of your back and start the movement, watch how you pull your body up to the bar.

How many reps can you do?

Once you can't do any more reps with clean form, add some kipping pull ups at the end. You'll surprise yourself. Now that you can engage the strong muscles of your back, you'll be sure to impress anyone with double digit pull ups.

Congratulations!