30 Day Pull Up Program

Thursday, May 21, 2020 11:49 AM

Day 1

Exercise: Deadhang
Sets: 3 Sets
Reps: ALAP
Tempo: XXXX
Rest: 1 Minute
Track your longest time

Day 2

Exercise: Pull up
Sets: 5
Reps: 5
Tempo: 11x0
Rest: 1 minute

Day 3

Exercise: Eccentric or negative pull ups
Sets: 4
Reps: 5
Tempo: 50XX
Rest: 45 seconds after each set

Notes: Start with chin above the bar and reset there each rep

Day 4

Exercise: Chin up
Sets: 4
Reps: 8
Tempo: 1010
Rest: 45 seconds after each set

Day 5

Exercise: Pull Up
Sets: 15
Reps: 3
Tempo: 1010
Rest: Density (3 pull ups every minute for 15

minutes)

Day 6

Exercise: Tempo pull up
Sets: 6
Reps: 3
Tempo: 3131
Rest: 30 seconds

Day 7

Exercise: Max Out
Sets: 3
Reps: Max
Tempo: 1010
Rest: 90 seconds after each set

Day 8

Exercise: Chin above bar/90º hold/Deadhang

Sets: 3
Reps: Max time
Tempo: xxxx
Rest: 90 seconds after each set

Day 9

Exercise: Pull Up
Sets: 6
Reps: 5
Tempo: 10x1
Rest: 45 seconds after each set

Day 10

Exercise: Eccentric/Negative Pull ups
Sets: 5
Reps: 5
Tempo: 1050
Rest: 90 seconds after each set

Note: This time start from a deadhang. Pull up and slowly decend

Day 11

Exercise: Chin up
Sets: 5
Reps: 8
Tempo: 1010
Rest: 45 seconds after each set

Day 12

Exercise: Pull ups
Sets: 15
Reps: 4
Tempo: 1010
Rest: Density (4 pull ups every minute for 15 minutes)

Day 13

Exercise: Tempo pull up
Sets: 8
Reps: 3
Tempo: 3131
Rest: 40 seconds

Day 14

Exercise: Max Out
Sets: 3
Reps: Max
Tempo: 1010
Rest: 90 seconds after each set

Day 15

Exercise: 90/90/Full
Sets: 4
Reps: 3 each position
Tempo: 1010
Rest: 90 seconds after each set

Day 16

Exercise: Eccentric/Negative Pull ups
Sets: 6
Reps: 5
Tempo: 1050

Rest: 90 seconds after each set
Do as many reps as you can from a deadhang position. If and when you get to failure, then jump and pull

Day 17

Exercise: Chin up
Sets: 8
Reps: 8
Tempo: 1010
Rest: 45 seconds after each set

Day 18

Exercise: Pull ups
Sets: 15
Reps: 5
Tempo: 1010
Rest: Density (5 pull ups every minute for 15 minutes)

Day 19

Exercise: Tempo pull up
Sets: 10
Reps: 3
Tempo: 3131
Rest: 40 seconds

Day 20

Exercise: Max Out
Sets: 3
Reps: Max
Tempo: 1010
Rest: 90 seconds after each set

Day 21

Exercise: 90/90/Full
Sets: 5
Reps: 3 each position
Tempo: 1010
Rest: 90 seconds after each set

Day 22

Exercise: Eccentric/Negative Pull ups
Sets: 6
Reps: 6
Tempo: 1050
Rest: 90 seconds after each set
Do as many reps as you can from a deadhang position. If and when you get to failure, then jump and pull

Day 23

Exercise: Chin up
Sets: 10
Reps: 8
Tempo: 1010
Rest: 45 seconds after each set

Day 24

Exercise: Pull ups
Sets: 20
Reps: 5
Tempo: 1010

Rest: Density (5 pull ups every minute for 20 minutes)

Day 25

Exercise: Tempo pull up
Sets: 10
Reps: 4
Tempo: 3131
Rest: 60 seconds

Day 26

Exercise: Max Out
Sets: 3
Reps: Max
Tempo: 1010
Rest: 90 seconds after each set

Day 27

Exercise: 90/90/Full
Sets: 5

Reps: 4 each position
Tempo: 1010
Rest: 90 seconds after each set

Day 28

Exercise: Eccentric/Negative Pull ups
Sets: 6
Reps: 6
Tempo: 1050
Rest: 90 seconds after each set
Do as many reps as you can from a deadhang position. If and when you get to failure, then jump and pull

Day 29

Exercise: Chin up
Sets: 10
Reps: 10
Tempo: 1010
Rest: 60 seconds after each set

Day 29

Exercise: Pull ups
Sets: 20
Reps: 6
Tempo: 1010
Rest: Density (5 pull ups every minute for 20 minutes)

Day 30

Max Out