Pull-Up Routines

FIRST OF ALL YOU NEED TO DO A MINIMUM OF 4 DAYS OF PULL-UPS PER WEEK!!

- **5 Set Pull-up Program**
  
<table>
<thead>
<tr>
<th>#1 – Max</th>
<th>Example:</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2 – Max</td>
<td>10</td>
</tr>
<tr>
<td>1 + 2 = X</td>
<td>(X = 22)</td>
</tr>
</tbody>
</table>
  
  #3 - X/3  8
  #4 - X/3  7
  #5 - X/3  7

- **Ladder Routine**

  Do 5 Sets or 75 pull-ups whatever comes first!

  #1 – Do 1 pull-up, rest, do 2 pull-ups, Rest, and so on until you can’t complete the next set.

  Your rest should be the same between each set, **NO MORE THAN 20-30 SECONDS**!

  Once you can’t complete the next set start over with a new set.

  Example: Set #1 - 1, 2, 3, 4, 5, 6, 7, 8, 5 = 41
  Set #2 - 1,2,3,4,5,6,6 = 27
  Set #3 - 1,2,3,4,5,6,5 = 26
  Total = 94

  Don’t quit in the middle of a set, because, you hit 75, finish the set!

- **50 Pull-up Routine**

  Simply do 50 pull-ups, however you get there is up to you. It should take 5-8 sets to get there. Keep the rest periods at about 2 – 2 ½ minutes between sets!

  Example: Set #1 – **18**, #2 – **12**, #3 – **8**, #4 – **6**, #5 – **6 = 50**
Push-up, Pull-up, Crunch Routine

The session is followed by 400 meter sprints. Each exercise is conducted one after another!

Start with pull-ups. You will do 2 pull-ups wide-grip (palms facing away from you), immediately after doing 2 pull-ups, you will do 10 push-ups, After doing the push-ups, you will do 20 crunches. You will consecutively do the three exercises. You will increase your pull-ups by 1 up to 6 and your push-ups by 5 up to 30. You continue to do 20 crunches for each continuous set. After you finish the 6 pull-ups and 30 push-ups, you will start over at 2 pull-ups again. This time you will do your pull-ups (palms facing you) Again, you will increase your pull-ups by 1 up to 6 and your push-ups by 5 up to 30, staying consistent with 20 crunches on each set.

Example: Set #1 - 2 pull-ups, 10 push-ups, 20 crunches; Set #2 - 3 pull-ups, 15 push-ups, 20 crunches; Set #3 - 4 pull-ups, 20 push-ups, 20 crunches; and so on until you hit 6 pull-ups. After that set you will start all over at 2 pull-ups with an underhand grip and repeat it all over again. Upon finishing the pull-up, push-up, crunch part of the session, you will stretch and then go on a run!

Happy Training!!

Getting Over 20 Pull-ups

Once you can do between 10 and 20 deadhangs, do this work-out!

An important piece of equipment that you might want to buy, if your gym doesn't have one, is a dip belt. It looks like a weight-lifting belt with a long chain attached to it.

Set #1 – Do 5 slow warm-up pull-ups! Take a short rest, 1-2 minutes!

Set #2 – Using the dip-belt add 15-30lbs to the belt and shoot for 7-13 reps! If you aren’t getting 7 reps lower weight, if you are getting 13 or more increase the weight! Take a 3-4 minute rest!

Set #3 – Add 10-20lbs (Total weight 25-50lbs) more to the dip-belt and shoot for 3-7 reps! Take a 3-4 minute rest!

Set #4 – Do a max set no weight added to total failure! 8-20 reps!

After you've finished with the pull-ups, move over to the lat pull-down machine. Use your preferred pull-up grip! Do 3 sets of lat pull-downs.

Set #1 - (10 reps)
Set # 2 & 3 heavy sets (5-10 reps, total failure)