

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

#1 – Max	Example:	12
#2 – Max		10
1 + 2 = X (X = 22)		
#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)