

83 REPS OF GLORY

This 6-week progressive pull-up program
is designed to help anyone get to that
first unassisted pull-up!

June 23-29

WEEK 1-2: Build the Foundation

Dead Hangs - 3 x 20-30 sec.
Incline Bodyweight Rows (TRX, Smith Machine, Bar) - 3 x 8-10
Lat Pulldowns or Resistance Band Pulldowns - 3 x 10-12
Hollow Body Holds - 3 x 20 sec.
Dumbbell Bicep Curls - 3 x 12-15
Band Pull-Aparts - 3 x 15-20

WEEK 3-4: Start the Climb

Dead Hangs - 3 x 30-40 sec.
Negative Pull-Ups (Jump to Top, Lower Slowly) - 4 x 3-5
Assisted Pull-Ups (Resistance Band or Machine) - 3 x 6-8
Bent-Over Dumbbell Rows - 3 x 10-12
Plank Shoulder Taps - 3 x 20
Hammer Curls - 3 x 10-12

WEEK 5: Close the Gap

Assisted Pull-Ups - 4 x 6-8
Negative Pull-Ups 3 x 3-4
Dumbbell or Barbell Rows - 4 x 8-10
Dead Hangs - 3 x 40 sec.
Hanging Leg Raises or Knee Tucks - 3 x 10
Chin-Ups (Assisted or Negative) - 3 x 3

WEEK 6: Let's Go!

Pull-Up Attempts - Try 2-3 Reps, Rest Fully Between
Superset Negative Pull-Ups/Hollow Holds - 3 sets
Resistance Band Lat Pulldowns - 3 x 10
Dumbbell Renegade Rows - 3 x 10 each side
Core Circuit - Plank 30 sec., Superman Hold 30 sec., Flutter Kicks 30 sec. - x 3
Dead Hangs - 2 x 45 sec.