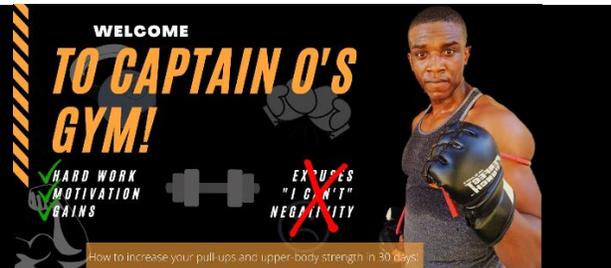


## 30-Day Pull-up Workout Plan

### My Rules:

- Do not use negative words in my gym... ESPECIALLY the word “can’t!” You can, and you will! You are mentally, spiritually, and physically strong.
- Work your core every other day. Strong core muscles are critical to doing a proper pull-up! I personally like doing 3 rounds of 3 sets of 15-20 reps of my favorite core exercises.
- As required, do 10 second weighted negative pull-ups to reach rep count. I get it! Your muscles are super tired. You just need to go shower, lie on the couch, and binge watch your favorite show. Not today! Finish every set! If you feel like you have maxed out on the amount of reps you can do, start doing “negatives.” Meaning, start off at the top of the pull-up, and slowly lower yourself down. [Click here for more tips on negative pull-ups.](#)
- Pause reps are done at the “top” of the motion unless otherwise indicated. Squeeze the targeted muscle group.
- Always engage core during pullups.
- Slow and smooth reps. Think “jazz” not “heavy metal.”
- I use the term “pull-up” very loosely. I want you to do CHEST ups! None of that “chin barely going above the bar” stuff.
- Warm up, cool down, remain hydrated, fuel your body with the proper nutrition, and have fun!
- Record your max reps before starting the program and after finishing the program.
- I recommend adding at least 3 cardio sessions for at least 30 mins a day. Also, I recommend adding a recovery day between each of the below workout days.



## **Let's Get to Work!**

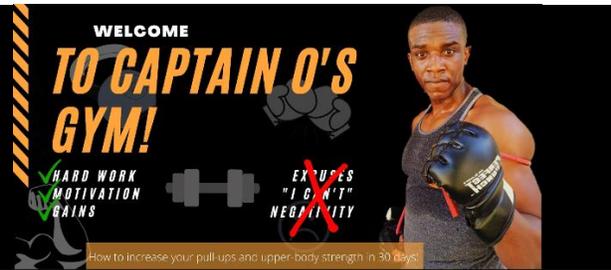
### **Shoulder Day (Day 1):**

1. Endurance set:
  - a. 2 sets of Max reps—2 min ammo can/military press (90 sec break in between sets). For reference, a military ammo can is normally 30-50 lbs. You can use a sandbag, gallon of water, whatever you'd like.
2. Front raises (3 second pause reps with resistance bands or dumbbells).
  - a. 4 sets of 10-12 reps (60-80 sec breaks between sets)
3. Upright row (3 second pause reps with resistance bands or dumbbells).
  - a. 4 sets of 10-12 reps (60-80 sec breaks between sets)
4. Close grip (6 inches or less between hands) underhand pullups (bar to upper chest). (2 second pause rep at the top)
  - a. 4 sets of 8-10 reps (90-120 sec breaks between sets)
5. Lat Raises (2 sec pause with resistance bands)
  - a. 4 sets of 10-12 reps (60-80 sec breaks between sets)

### **Arm Day (Day 2):**

1. Endurance set:
  - a. 2 sets of Max reps 2 min close grip pushups (90 sec break between sets)
2. Bicep curl:
  - a. 5 sets of 8-10 reps (3 sec pause rep with resistance bands or dumbbells).
3. Underhand pullups (12 inches between hands—bar to upper chest). (2 sec pause rep at the bottom)
  - a. 5 sets of 8-10 reps (90-120 sec breaks between sets)
4. Superset!
  - a. Deep Weighted chair dips (1 sec pause rep at top)
    - i. 5 sets of 10-12 reps
  - b. Tennis ball grip squeezes (5 sec rep pauses—closed fist). I use "Captains of Crush Grippers).
    - i. 5 sets of 10-12 reps
  - c. (60-80 sec breaks between sets)
5. Tricep kick back (3 sec pause rep with resistance band or dumbbells).
  - a. 4 sets of 8-10 reps

\*Bonus burnout!! 🔥🔥 60 sec (or max time) underhand flexed arm hang.



### Back Day (Day 3):

1. Endurance set:
  - a. Round 1: 6 reps of 15 sec overhand Pull-up negatives
  - b. (60 second break)
  - c. Round 2: 5 reps of 10 sec overhand Pull-up negatives
  - d. (80 sec break)
  - e. Round 3: 4 reps of 5 sec overhand Pull-up negatives
  - f. (90 sec break)
2. Superset!
  - a. Overhand bent over row (3 sec pause with resistance bands or dumbbells).
    - i. 5 sets of 10-12 reps
  - b. Underhand bent over row (3 sec pause with resistance bands or dumbbells).
    - i. 5 sets of 10-12 reps
  - c. (60-80 sec breaks between sets)
3. Weighted wide grip overhand pullups (I use the plate carrier... With plates of course) \*HEAVY, evenly distributed weight can be added.
  - a. 6 sets of 6-8 reps (90-120 sec breaks between sets)

\*Try squeezing sandbag or other heavy weight between feet\*
4. W Superman holds (3 sec pause reps)
  - a. 5 sets of 10-12 reps
  - b. (60-80 sec breaks between sets)

\*Bonus Burnout!!: 🔥🔥 Still got more in your tank??!

1. 3 sets of Max reps overhand pullups.
  - o (90-120 sec breaks between sets)

That's it! Like, comment, share, let me know what you think. Stay motivated! 🤝