



PARENT-CHILD-CONNECT (P2C)
BOOK SERIES
★ ★ ★ ★ ★

How to increase your pull-ups and upper-body strength in 30 days!



CAPTAIN O'S 30-DAY PULL-UP WORKOUT PLAN!



*HARD WORK
MOTIVATION
GAINS*

~~*EXCUSES
"I CAN'T"
NEGATIVITY*~~



WELCOME

To Captain O's 30-day pull-up workout plan!! **Get Ready to BRING IT!**

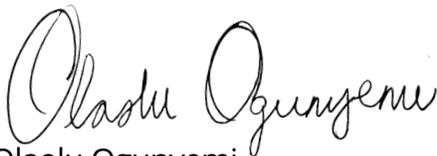
Marines love pull-ups! Every year we do a Physical Fitness Test (PFT), and one of the three events is the dead hang pull-up. The number of required pull-ups for the maximum score is based upon your age. At my age, you have to do 23 correct repetitions (reps) to get a perfect score on this portion of the PFT. I usually can comfortably do anywhere between 30-40 reps.

This is the program I used to go from 7 pull-ups to 30-40 pull-ups! (Not in 30 days, but over time). You should expect to increase somewhere between 3-8 pull-ups in the next 30 days. Everyone's body is different.

I designed this 4-week pull-up program for a marine that was getting between 12-16 reps with the goal of getting him to 23! Although I absolutely love the gym, he had very few weights and mostly resistance bands. **CHALLENGE ACCEPTED!** So, I designed this moderate-advanced workout with those factors in mind.

You do not have to be a U.S. Marine to do pull-ups (or complete my program). In fact, pull-ups are an excellent upper body exercise if done right! Remember, physical toughness is one of our Pillars of Fortitude. Enough talking...

Let's get to work!



Olaolu Ogunyemi

U.S. Marine | Mentor | Best-selling Author

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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. Go to <https://www.menshealth.com/fitness/a27559651/pullups-guide/> 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.

****Disclaimers:**

1. I am not a trainer. I am just sharing what worked for me.
2. Always consult your physician before beginning any exercise program.**



30-Day Pull-up Workout Plan

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. 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. Triceps 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.



30-Day Pull-up Workout Plan

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)
 - i. ***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.
 - a. (90-120 sec breaks between sets)

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



**CAPTAIN O'S 30-DAY PULL-UP WORKOUT
PLAN WEEKLY WORKOUT LOG**

WEEK 1: _____

DAY	ACTIVITY	TIME	REPS	RATING
MON	Test: Max Rep Pull-ups Cardio & Upper Core			
TUE	Shoulder Day			
WED	Cardio & Mid Core			
THU	Arm Day			
FRI	Cardio & Lower Core			
SAT	Back Day			
SUN	Active Recovery, Rest, Stretch			



**CAPTAIN O'S 30-DAY PULL-UP WORKOUT
PLAN WEEKLY WORKOUT LOG**

WEEK 2: _____

DAY	ACTIVITY	TIME	REPS	RATING
MON	Cardio & Upper Core			
TUE	Shoulder Day			
WED	Cardio & Mid Core			
THU	Arm Day			
FRI	Cardio & Lower Core			
SAT	Back Day			
SUN	Active Recovery, Rest, Stretch			



**CAPTAIN O'S 30-DAY PULL-UP WORKOUT
PLAN WEEKLY WORKOUT LOG**

WEEK 3: _____

DAY	ACTIVITY	TIME	REPS	RATING
MON	Cardio & Upper Core			
TUE	Shoulder Day			
WED	Cardio & Mid Core			
THU	Arm Day			
FRI	Cardio & Lower Core			
SAT	Back Day			
SUN	Active Recovery, Rest, Stretch			



**CAPTAIN O'S 30-DAY PULL-UP WORKOUT
PLAN WEEKLY WORKOUT LOG**

WEEK 4: _____

DAY	ACTIVITY	TIME	REPS	RATING
MON	Cardio & Upper Core			
TUE	Shoulder Day			
WED	Cardio & Mid Core			
THU	Arm Day			
FRI	Cardio & Lower Core			
SAT	Back Day			
SUN	<p>Test: Max Rep Pull-ups</p> <p>Active Recovery, Rest, Stretch</p> <p>Celebrate!</p>			

