

Week -2

Pick the appropriate column depending on your initial test results

Day 1

Rest 120 seconds between each set (longer if required)

	0 pull-ups	1 pull-up	2 pull-ups
Set 1	1 negative	1	2
Set 2	1 negative	1 negative	1
Set 3	1 negative	1 negative	1
Set 4	1 negative	1 negative	2
Set 5	1 negative	1 negative	1 negative

Day 2

Rest 90 seconds between each set (longer if required)

	0 pull-ups	1 pull-up	2 pull-ups
Set 1	1 negative	1	2
Set 2	1 negative	1	1
Set 3	1 negative	1 negative	1
Set 4	1 negative	1	2
Set 5	1 negative	1 negative	1 negative

Day 3

Rest 120 seconds between each set (longer if required)

	0 pull-ups	1 pull-up	2 pull-ups
Set 1	1 negative	1	2
Set 2	1 negative	1	1
Set 3	1 negative	1 negative	1
Set 4	1 negative	1 negative	1
Set 5	1	2	2

Week -1

Pick the same column as you did in week -2

Day 1

Rest 120 seconds between each set (longer if required)

	0 pull-ups	1 pull-up	2 pull-ups
Set 1	1	1	2
Set 2	1 negative	1	2
Set 3	1 negative	1 negative	1
Set 4	1 negative	1	2
Set 5	1 negative	1 negative	1 negative

Day 2

Rest 90 seconds between each set (longer if required)

	0 pull-ups	1 pull-up	2 pull-ups
Set 1	1	1	2
Set 2	1 negative	1	2
Set 3	1	1 negative	1
Set 4	1 negative	1	2
Set 5	1 negative	1 negative	1 negative

Day 3

Rest 120 seconds between each set (longer if required)

	0 pull-ups	1 pull-up	2 pull-ups
Set 1	1	1	2
Set 2	1 negative	1 negative	1
Set 3	1	1	1
Set 4	1 negative	1 negative	1
Set 5	max	max	max

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Week 1

Pick the appropriate column depending on your initial test results

Day 1

Rest 120 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	2	4	6
Set 2	1	3	6
Set 3	1	2	4
Set 4	2	4	7
Set 5	3	5	9

Day 2

Rest 90 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	2	4	7
Set 2	2	3	6
Set 3	1	3	6
Set 4	2	4	8
Set 5	3	5	9

Day 3

Rest 120 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	2	4	8
Set 2	2	4	8
Set 3	2	4	8
Set 4	2	3	6
Set 5	max	max	max

Week 2

Pick the same column as you did in week 1

Day 1

Rest 120 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	3	5	8
Set 2	2	4	7
Set 3	3	3	6
Set 4	2	4	7
Set 5	3	5	8

Day 2

Rest 90 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	3	4	8
Set 2	3	4	7
Set 3	2	3	7
Set 4	3	4	6
Set 5	3	6	10

Day 3

Rest 120 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	3	4	8
Set 2	3	4	8
Set 3	3	4	7
Set 4	2	4	7
Set 5	max	max	max

Week 3

Pick the same column as you did in week 1

Day 1

Rest 120 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	4	6	9
Set 2	3	5	7
Set 3	4	4	6
Set 4	3	5	7
Set 5	4	6	9

Day 2

Rest 90 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	5	6	9
Set 2	3	5	7
Set 3	4	6	8
Set 4	3	5	7
Set 5	5	6	9

Day 3

Rest 120 seconds between each set (longer if required)

	3-5 pull-ups	6-9 pull-ups	10+ pull-ups
Set 1	6	7	10
Set 2	5	6	8
Set 3	4	5	7
Set 4	3	4	6
Set 5	max	max	max

After week 3 you can congratulate yourself. You are now half-way through this program. Now it's time to test your maximum. Take two days off. Eat well and remember to drink water. Now you should be able to do at least 9 pull-ups.

Week 4

Pick the appropriate column depending on your latest test results

Day 1

Rest 120 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1	5	5	6
Set 2	4	6	7
Set 3	5	7	8
Set 4	6	8	9
Set 5	7	9	11

Day 2

Rest 90 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1	7	7	7
Set 2	6	6	8
Set 3	5	7	9
Set 4	6	8	10
Set 5	7	9	11

Day 3

Rest 120 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1	8	10	12
Set 2	6	8	10
Set 3	5	7	8
Set 4	4	6	7
Set 5	max	max	max

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Week 5

Pick the same column as you did in week 4

Day 1

Rest 120 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1&2	4	5	6
Set 3&4	5	6	7
Set 5	6	7	8
Set 6	6	8	9
Set 7	7	9	11

Day 2

Rest 90 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1	8	10	12
Set 2	7	8	10
Set 3	8	10	12
Set 4	7	8	10
Set 5	8	10	12

Day 3

Rest 90 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1	5	7	10
Set 2	6	8	11
Set 3	8	9	12
Set 4	9	11	13
Set 5	10	12	15

Week 6

Pick the same column as you did in week 4

Day 1

Rest 120 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1&2	5	6	7
Set 3&4	6	7	8
Set 5	7	8	9
Set 6	8	9	10
Set 7	9	11	12

Day 2

Rest 90 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1	8	10	11
Set 2	9	11	12
Set 3	10	12	13
Set 4	11	13	14
Set 5	12	14	15

Day 3

Rest 120 seconds between each set (longer if required)

	9-11 pull-ups	12-14 pull-ups	15+ pull-ups
Set 1	13	14	15
Set 2	11	12	13
Set 3	9	11	12
Set 4	7	9	10
Set 5	max	max	max

After week 6 you're ready for the final test. Take two days off. Eat well and remember to drink water. Now you should be able to do 20 pull-ups. If you couldn't, don't give up. Start again from week 5 with your new test result.