

Program to build grip and shoulder and back development for more pull ups:

Warm Up: Scapular / Rotator Cuff Health

Quality form is key here. We want to work till we feel the burn in our shoulder blades.

- [Band Scapular Rows: 3x10 or 30 Reps](#)
- [Band External Rotations: 3x10 or 30 Reps Each Side](#)
- [Band Internal Rotations: 3x10 or 30 Reps Each Side](#)
- [Band Pull Aparts: 3x10 or 30 Reps](#)

Pull Up Progressions:

Hanging Series:

We need to master both the top and bottom of the pull up.

Everyday you come into the gym, especially on those days you get there early practice hanging from the bar. You need to be able to hang from a bar long enough to perform 5 pullups. We will start with trying to do :30 Secs hanging from the bar. Building that within sets of 3x:30 taking :30 off in between each set. Building those hanging from the bar for a full minute at a time. The extra time will help you reach your pull up goal. Once you can hang from both arms for a minute, we will try hang from only one arm.

Similar to our negative pull up we want to hang out at the top of our pull up with our arms bent. Holding your chin above the pull up bar as long as you can. You can use any grip you want—palms facing you or palms facing away from you. We will do this under the same set and time piece we did our bottom of our pull up hold. Practice this until you can hold it for a minute with no wiggling.

Scapular Pull Ups

Scap pull ups are really good for people who have trouble activating their lats (which should be the first move you make in a pull up). The ability to hang with straight arms, and then pull your shoulder blades down your back, is an excellent way to learn how to initiate a pull up with your lats and make your back stronger for pulling.

https://www.youtube.com/watch?time_continue=5&v=RYwCmPNGtRc

Negative Pull Ups:

Next: We will own our Negative Pull Ups

Practicing the lowering portion of the movement will help us build strength for the lifting portion. Slowly lower yourself, taking 4 or 5 seconds to go down to a dead hang.

This will build strength very quickly. Your goal will be to hold in the most difficult spots as those will be your weakest positions. Do not use bands for assistance as it [slows progress down to a crawl](#).

Focus on mixing in these sets when you come in early on days that we aren't already doing pull ups in class.

Bodyweight Rows

Finally: Those TRX rows performed very low, almost in a full plank laying back, will help build the same pulling muscle group that we use in our pull ups.

Upper Body Strength:

Batwing Rows 3x8-10 Reps

I learned about batwings from the ever-amazing [Dan John](#). Essentially, you lie facedown on a bench with a relatively heavy kettlebell or dumbbell in each hand. Pull the weights all the way up with the intention of touching your thumbs to your armpits, and squeeze your shoulder blades together for 5+ seconds. This is a fantastic way to help increase your pulling strength.

[Video: BreakingMuscle.com - Melody Schoenfeld: How to Do Batwings](#)

Resistance Band Lat Pull Downs:

3x15-20 Reps

<https://www.youtube.com/watch?v=IB52LfcN7bU>

Core Strength Specific to the Pull Up:

Ab Wheel Roll Outs: 3x15-20 Reps

Hollow Holds: Full Hollow 3x :30 Secs to start working towards sets of :60 Secs

Extended Arm Plank: Full Hollow 3x :30 Secs to start working towards sets of :60 Secs

https://www.youtube.com/watch?v=U_N0ZGN3sBg

- From your pushup position, keep your tailbone tucked and walk your hands out in front of you as far as you can. Hold for time.

Programming:

Athletes should practice pull-up progressions 3 to 5 times per week, 3 to 5+ times per day. The more frequent trips to the pull-up bar, the better. The goal is to do as many pull-up progressions as possible in a given day without burning out. High volume at moderate intensity is most easily accomplished by keeping rep schemes low and stopping short of failure.

Sample Program: Beginner

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p><u>Band Warm Up:</u> 3x10 Each or 30 Reps Each</p> <p><u>Hanging Series:</u> 3x:30 At Bottom 3x:30 At Top * Rest at least :30 BTWN Sets</p> <p><u>Scapular Pull Ups:</u> 3x8 Reps * Rest at least :30 BTWN Sets</p> <p><u>Negatives:</u> 3x5-8 Reps * Rest at least :30 BTWN Sets</p> <p><u>Bodyweight Rows:</u> 3x10-15 Reps * Rest at least :30 BTWN Sets</p> <p><u>Core:</u> Ab Wheel Roll Outs: 3x15-20 Reps * Rest at least :30 BTWN Sets</p> | <p><u>Band Warm Up:</u> 3x10 Each or 30 Reps Each</p> <p><u>Upper Body Strength:</u> Resistance Band Lat Pull Downs: 3x15-20 Reps</p> | <p><u>Band Warm Up:</u> 3x10 Each or 30 Reps Each</p> <p><u>Hanging Series:</u> 3x:30 At Bottom 3x:30 At Top * Rest at least :30 BTWN Sets</p> <p><u>Scapular Pull Ups:</u> 3x8 Reps * Rest at least :30 BTWN Sets</p> <p><u>Negatives:</u> 3x5-8 Reps * Rest at least :30 BTWN Sets</p> <p><u>Bodyweight Rows:</u> 3x10-15 Reps * Rest at least :30 BTWN Sets</p> <p><u>Core:</u> Hollow Holds: Full Hollow 3x :30 Secs * Rest at least :30 BTWN Sets</p> | <p><u>Band Warm Up:</u> 3x10 Each or 30 Reps Each</p> <p><u>Upper Body Strength:</u> Batwing Rows 3x8-10 Reps</p> | <p><u>Band Warm Up:</u> 3x10 Each or 30 Reps Each</p> <p><u>Hanging Series:</u> 3x:30 At Bottom 3x:30 At Top * Rest at least :30 BTWN Sets</p> <p><u>Scapular Pull Ups:</u> 3x8 Reps * Rest at least :30 BTWN Sets</p> <p><u>Negatives:</u> 3x5-8 Reps * Rest at least :30 BTWN Sets</p> <p><u>Bodyweight Rows:</u> 3x10-15 Reps * Rest at least :30 BTWN Sets</p> <p><u>Core:</u> Extended Arm Plank: Full Hollow 3x :30 Secs * Rest at least :30 BTWN Sets</p> |

If you have on 3+ Pull Ups best bang for buck program

Here is the article that breaks down ***The Fighter Pull -Up Program***:
<http://www.strongfirst.com/the-fighter-pullup-program-revisited/>

The [fighter pull up program](#) was also popularized by Pavel. It is a more specific style of program. In this program, you will do descending ladders of pull ups five days a week. These work well integrated into other workouts. You will do five sets of pull ups interspersed with other exercises.

For someone doing Fitwit, I recommend doing the first set right upon arrival to the gym. The second set can be done right after the warm-up. The last three sets are squeezed in in the remaining hour. Basically, you do a set roughly every ten minutes whenever you can squeeze them in. Having enough rest between sets is important. You want to do each set as practice and not as a test of will. You are training the neurological system. If you practice to failure, you are teaching your neurological system to fail.

The ladder will start with a set of less than your one rep max. Each day, you will add a repetition. Here are a few examples:

Here is how the program applies to those who currently max at three pull-ups.

- Day 1: 3, 2, 1, 1
- Day 2: 3, 2, 1, 1
- Day 3: 3, 2, 2, 1
- Day 4: 3, 3, 2, 1
- Day 5: 4, 3, 2, 1
- Day 6: Off
- Day 7: 4, 3, 2, 1, 1
- Day 8: 4, 3, 2, 2, 1
- Day 9: 4, 3, 3, 2, 1
- Day 10: 4, 4, 3, 2, 1
- Day 11: 5, 4, 3, 2, 1
- Day 12: Off

Now you are ready to move up to the 5RM program.

For someone with a maximum of five pull ups

- Day 1: 4, 3, 3, 2, 1
- Day 2: 4, 3, 3, 2, 2
- Day 3: 4, 3, 3, 3, 2
- Day 4: 4, 4, 3, 3, 2
- Day 5: 4, 4, 4, 3, 2
- Take a day off
- Day 6: 5, 4, 3, 3, 2

For someone with a maximum of ten pull ups:

- Day 1: 9 reps, 8, 7, 6, 5
- Day 2: 9, 8, 7, 6, 6 (adding a rep to the last set)

- Day 3: 9, 8, 7, 7, 6 (adding a rep to the second to last set)
- Day 4: 9, 8, 8, 7, 6 (adding a rep to the third to last set)
- Day 5: 9, 9, 8, 7, 6
- Take a day off
- Day 6: 10, 9, 8, 7, 6

For someone with a maximum of twenty pull ups:

Note: The reps in later rounds drop off more due to the fatiguing effects of high reps. You will need more rest between sets.

- Day 1: 18, 15, 12, 8, 4
- Day 2: 18, 15, 12, 8, 6
- Day 3: 18, 15, 12, 10, 6
- Day 4: 18, 15, 14, 10, 6
- Day 5: 18, 16, 14, 10, 6
- Take a day off
- Day 6: 19, 16, 14, 10, 6

You start with an all-out set and then cut a rep in each consecutive set for a total of five sets. The next day add a rep to the last set. Then a rep to the set before that, etc.

The system is intended to be used for four weeks. At the end of the month, take two or three days off and then test yourself. It is not unusual to up the reps 2.5-3 times. In other words, you are likely to end up cranking out 12-15 reps if you started with 5. If you can already do between 6 and 12 reps, then start the program with the first day your PR shows up. For instance, if your max is 6 pull-ups start with day 7; if your max is 8 start with day 19.

If you run into a snag with this routine, back off a week and build up again. If you hit the wall again, switch to another routine.