

12-WEEK PULL UP PROGRAM

Add this program to your workout routine 3 times a week.
If needed, use a resistance band to complete daily reps.

WEEK 1

5 REPS
X 3 SETS

5 REPS
X 3 SETS

5 REPS
X 3 SETS

WEEK 2

5 REPS
X 4 SETS

5 REPS
X 4 SETS

5 REPS
X 4 SETS

WEEK 3

5 REPS
X 5 SETS

5 REPS
X 5 SETS

5 REPS
X 5 SETS

WEEK 4

6 REPS
X 3 SETS

6 REPS
X 3 SETS

6 REPS
X 3 SETS

WEEK 5

6 REPS
X 4 SETS

6 REPS
X 4 SETS

6 REPS
X 4 SETS

WEEK 6

6 REPS
X 5 SETS

6 REPS
X 5 SETS

6 REPS
X 5 SETS

WEEK 7

7 REPS
X 3 SETS

7 REPS
X 3 SETS

7 REPS
X 3 SETS

WEEK 8

7 REPS
X 4 SETS

7 REPS
X 4 SETS

7 REPS
X 4 SETS

WEEK 9

7 REPS
X 5 SETS

7 REPS
X 5 SETS

7 REPS
X 5 SETS

WEEK 10

8 REPS
X 3 SETS

8 REPS
X 3 SETS

8 REPS
X 3 SETS

WEEK 11

8 REPS
X 4 SETS

8 REPS
X 4 SETS

8 REPS
X 4 SETS

WEEK 12

8 REPS
X 5 SETS

8 REPS
X 5 SETS

8 REPS
X 5 SETS