

Train Above the Bar: Achieving Your First Pull-up

WEEK 1

Set 1		60–90 sec Rest	Set 2		60–90 sec Rest	Set 3		60–90 sec Rest	Set 4		60–90 sec Rest	Set 5	
Day 1	4x Body Row		1x Top Hold	3x Body Row		1x Top Hold	2x Body Row						
Day 2 – Rest													
Day 3	4x Body Row		1x Top Hold	3x Body Row		1x Top Hold	3x Body Row						
Day 4 – Rest													
Day 5	6x Body Row		2x Top Hold	4x Body Row		1x Mid Hold	2x Body Row						
Day 6 – Rest													
Day 7 – Rest													

WEEK 2

Set 1		60–90 sec Rest	Set 2		60–90 sec Rest	Set 3		60–90 sec Rest	Set 4		60–90 sec Rest	Set 5	
Day 1	4x Body Row		2x Mid Hold	5x Body Row		1x Top Hold	2x Body Row						
Day 2 – Rest													
Day 3	7x Body Row		2x Top Hold	4x Body Row		1x Mid Hold	5x Body Row						
Day 4 – Rest													
Day 5	8x Body Row		2x Mid Hold	6x Body Row		2x Top Hold	4x Body Row						
Day 6 – Rest													
Day 7 – Rest													

WEEK 3

Set 1		60–90 sec Rest	Set 2		60–90 sec Rest	Set 3		60–90 sec Rest	Set 4		60–90 sec Rest	Set 5	
Day 1	2x Mid Hold		7x Body Row	2x Down Only		5x Body Row	2x Top Hold						
Day 2 – Rest													
Day 3	2x Down Only		6x Body Row	3x Top Half		8x Body Row	3x Mid Hold						
Day 4 – Rest													
Day 5	4x Top Half		7x Body Row	3x Down Only		9x Body Row	2x Top Hold						
Day 6 – Rest													
Day 7 – Rest													

WEEK 4

Set 1		60-90 sec Rest	Set 2		60-90 sec Rest	Set 3		60-90 sec Rest	Set 4		60-90 sec Rest	Set 5	
Day 1	3x Top Half		4x Body Row	4x Down Only		3x Body Row	2x Down Only						
Day 2 – Rest													
Day 3	3x Down Only		5x Body Row	3x Top Half		4x Body Row	2x Mid Hold						
Day 4 – Rest													
Day 5	4x Top Half		5x Body Row	4x Down Only		4x Body Row							
Day 6 – Rest													
Day 7 – Rest													

At the end of week 4, wait until the following week to perform your first pull-up (2–4 days after your last workout). If you're unable to complete one pull-up, repeat the cycle—for no more than a total of 2 cycles. If you're still unable to complete a pull-up, focus on increasing your overall muscular strength and endurance, specifically for the upper body.

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BODY ROW

- 1 Find an adjustable, secure piece of fitness equipment to hang from (such as an adjustable bar, gymnastic rings, or suspension straps).
- 2 Hold with a palms-down or neutral (thumbs pointed up) grip and lean away from the anchor point.
- 3 Maintain good posture with your chest open and neck in line with your shoulders.
- 4 Slowly pull your chest and body up as high as possible.
- 5 Pause briefly before slowly returning to the starting position.



- 6 Changing the angle in which your body is leaning can easily alter the difficulty.

TOP HOLD

- 1 Hold/hang onto the pull-up bar with palms facing away from you.
- 2 Keep your legs still and hold for 5–10 seconds.

MID HOLD

- 3 Hold/hang onto the pull-up bar with palms facing away from you.
- 4 Keep your legs still, lower halfway or until your elbows bend at 90 degrees, and hold for 5–10 seconds.
- 5 Slowly lower until your arms are fully extended.



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DOWN ONLY

1 Hold/hang onto the pull-up bar with palms facing away from you. Step up on a step or box and begin at the top of the pull-up bar.



2 Keeping your legs still, take 5–10 seconds to slowly lower until your arms are fully extended.



3 Pause briefly, keeping tension through your arms (with your shoulders down and back). Release from the pull-up bar.



TOP HALF

1 Hold/hang onto the pull-up bar with palms facing away from you.



2 Keep your legs still, lower halfway or until your elbows bend at 90 degrees, and hold for 5–10 seconds.



3 Pull your chest to the bar, and repeat.



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PULL-UP

1 Hold/hang from a pull-up bar with palms facing away from you.

2 Keep your legs still and pull your chest to the bar.

3 Pause briefly before slowly lowering until your arms are fully extended.

