

4-week Pullup Program

This program will help improve your strict pullups. We are talking raw strength here. No kipping! Below is a 2-day a week program that lasts 4 weeks. If you are consistent and train smart, you should be able to come close to performing a strict pullup. If not, rest one week then repeat the program. The program is intended for:

- individuals that can perform strict pullups and want to get better at them
- individuals who are seeking their first strict pullup.

NOTE: Do not perform the days back to back. Allow 48+ hours between days.

Week 1

Day 1

- **50 Ring Rows** – Make them difficult and use a box to put your feet on for increased difficulty
- **10 x 6 seconds of Pullup Holds with overhead grip** (Use a good friend to spot you if needed). To perform, use a box to step up to the height of the bar. Get into a pullup position with your chin over the bar. Pull your elbows to your side and squeeze your back and abs while holding yourself over the bar. Be sure to breathe.

Day 2

- **Dumbbell Single Arm Row** - 4 x 8 reps each arm (go heavy)
- **6 sets of 5 reps of 3-count Pullup Negatives** (start with your chin over the bar and lower slowly by counting to 3)

Week 2

Day 3

- **20 Strict Pullups with manual support** (grab a friend and have them spot your lower back if needed). No bands for this. Have the spotter only give you what you need for support.
- **30 Body Rows on Barbell.** To perform, place barbell on pullup rig using j-clamps at approximately hip level. Lay under the bar with your legs out straight and get into a position similar to a ring row. Keep your abs braced and pull yourself up so that your chest touches the bar. If legs out straight is too difficult, bend your knees and place your feet flat on the ground.

Day 4

- **10 x 8 seconds of Pullup Holds with overhead grip** (Use a good friend to spot you if needed)
- **4 sets of 8 reps each arm of Dumbbell Single Arm Row** (go heavier than last time)

Week 3

Day 5

- 6 sets of 5 reps 5-count Pullup Negatives (start with your chin over the bar and lower slowly by counting to 5)
- **50 Ring Rows** (make them harder than last time)

Day 6

- **25 Strict Pullups with manual support** (grab a friend and have them spot your lower back if needed)
- **40 Body Rows** on Barbell

Week 4

Day 7

- **10 x 10 second Pullup Holds with overhead grip** (Use a good friend to spot you if needed)
- **4 sets of 8 reps each arm of Dumbbell Single Arm Row** - (go heavier than last time)

Day 8

- **6 sets of 5 reps of 7-count Pullup Negatives** (start with your chin over the bar and lower slowly by counting to 7)
- **30 Strict Pullups** with manual support (grab a friend and have them spot your lower back if needed). No bands for this. Have the spotter only give you what you need for support

Your lats will be sore as well as your biceps, mid back, and abs from this program. As always, make sure to engage your back muscles and don't just use your arms. Keep your elbows down and think about driving them down to the floor. Roll and stretch before and after each session for better recovery.

Rest a few days after completing the program to let your body recover and see if you can get a new strict pullup max or your first pullup. Enjoy!