

## A PROGRESSIVE GUIDE TO ACHIEVING YOUR 1ST PULL-UP

Get to your first (or second, or tenth) pullup... Finally, a comprehensive workout regimen aimed at progressing towards achieving your first pull-up and improving overall upper body strength:

### WEEK 1-2: Grip Strength and Hanging Practice

#### 1. Day 1:

- Hang from a pull-up bar for as long as possible with both hands.
- Perform 3 sets of 30 seconds hanging with both hands (alternate hands if you can).
- Do 3 sets of 2-10 assisted pull-ups using a resistance band or assistance machine.

#### 2. Day 2:

- Rest.

#### 3. Day 3:

- Repeat Day 1's routine.
- Incorporate pull-up negatives (jump to the top of the bar and slowly lower yourself down) - aim for 3 sets of 2-8 reps if you can tolerate it.

#### 4. Day 4:

- Rest.

#### 5. Day 5:

- Repeat Day 1's routine.
- Add barbell curls or weighted rows to further exhaust the biceps and forearms.

#### 6. Day 6-7:

- Rest.

### WEEK 3-4: Progression and Variation

#### 1. Day 1:

- Increase hanging time with hands to 45 seconds (alternating hands if you can).
- Perform 3 sets of 4-8 assisted pull-ups, focusing on controlled movements.
- Add variations like wide-grip or narrow-grip pull-ups.

#### 2. Day 2:

- Rest.

#### 3. Day 3:

- Repeat Day 1's routine, increasing pull-up negative reps to 3 sets of 4-10 reps.
- Incorporate hanging knee raises or leg raises for core engagement.

#### 4. Day 4:

- Rest.

5. Day 5:
  - Repeat Day 1's routine.
  - Introduce weighted variations assisted pull-ups for added challenge.

6. Day 6-7:
  - Rest.

#### WEEK 5-6: Progressive Overload and Refinement

1. Day 1:
  - Aim for 60 seconds hanging with hands (alternating hands if you can).
  - Perform 3 sets of 5-6 assisted pull-ups with heavier resistance or reduced assistance.
  - Increase negative pull-up reps to 3 sets of 6-12 reps.
2. Day 2:
  - Rest.
3. Day 3:
  - Repeat Day 1's routine, integrating additional variations like commando pull-ups or mixed-grip pull-ups.
4. Day 4:
  - Rest.
5. Day 5:
  - Repeat Day 1's routine, challenging yourself with heavier weights or reduced assistance in exercises.
6. Day 6-7:
  - Rest.

#### Ongoing Progression:

- Continue to increase hanging time with hands gradually.
- Progress towards unassisted pull-ups by decreasing assistance and increasing repetitions.
- Include other upper body and core exercises to maintain overall strength and fitness.

Remember, consistency is key. Listen to your body, ensure proper form, and progressively challenge yourself to reach your goals. Adjust the routine according to your fitness level and capabilities. Also, consult with a fitness professional if needed, especially if you have any existing injuries or concerns.

COMMANDO PULL-UPS, also known as cliffhanger pull-ups, are a variation of the standard pull-up that primarily targets the muscles of the upper back, biceps, and shoulders. Here's how to perform commando pull-ups:

Set-Up:

Find a sturdy horizontal bar or pull-up bar that allows you to hang freely.

Stand beside the bar, facing perpendicular to it.

Grip: Reach up and grab the bar with one hand in an overhand (pronated) grip (similar to a regular pull-up grip) and the other hand in an underhand (supinated) grip, placing your hands at different heights on the bar.

The hand positioned higher will typically have the palm facing away (overhand), while the lower hand's palm will face towards you (underhand).

Execution:

Hang onto the bar with both hands, arms extended.

Pull yourself up towards the side where your underhand grip is placed, while keeping your body straight.

Your head moves towards the higher hand, aiming to touch the hand or the wrist of that hand to the bar.

Lower yourself back down in a controlled manner to the starting position with arms fully extended.

Repeat: Perform the desired number of repetitions on one side and then switch hand positions to work the other side.

Commando pull-ups engage your muscles differently than traditional pull-ups by requiring more engagement from the arms, shoulders, and back muscles, and they can be a challenging variation due to the uneven grip and body positioning.