

Starting From Zero: Pull-up Training Program (v19)

	Day 1			Day 2			Day 3			Day 4			Day 5		
	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets
Week 1	Warm Up			Warm Up			Warm Up			Warm Up			Warm Up		
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1
	Hollow Rocks	10	2	Body-weight negatives	3 seconds	8	Partner assisted pull-ups	1, 2	4	Body-weight negatives	3 seconds	8	Partner assisted pull-ups	1, 2	4
	Scapular retractions	5 reps	2	Jumping pull-ups	1 rep	10	Partial ROM pull-ups (from bottom)	1, 2, 1	1	Jumping pull-ups	1 rep	10	Partial ROM pull-ups (from bottom)	1, 2, 1	1
	Dead hangs	15, 30, 15 seconds	2	Modified L-Sits	5, 10, 15 seconds	2	Hanging leg raises	1, 2, 1	2	Dead hangs	15, 30, 15 seconds	2	Hanging leg raises	1, 2, 1	2
	Planks	Tabata 20 seconds work/ 10 seconds rest	8	Burpees	Tabata 20 seconds work/ 10 seconds rest	8	Sprints	30 sec w/30 sec slow jog recovery between each sprint	6	Body weight (air) squats	Tabata 20 seconds work/ 10 seconds rest	8	400 meter max effort run	5 repeats w/ 400 meter slow jog recovery between each	1

	Day 1			Day 2			Day 3			Day 4			Day 5		
	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets
Week 2	Warm Up			Warm Up			Warm Up			Warm Up			Warm Up		
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1
	Hollow Rocks	10	2	Body-weight negatives	5 seconds	8	Partner assisted pull-ups	1, 2	4	Body-weight negatives	5 seconds	8	Partner assisted pull-ups	1, 2	4
	Scapular retractions	5 reps	2	Jumping pull-ups	1 rep	10	Partial ROM pull-ups (from bottom)	1, 2, 3, 2, 1	1	Jumping pull-ups	1 rep	10	Partial ROM pull-ups (from bottom)	1, 2, 3, 2, 1	1
	Dead hangs	15, 30, 15 seconds	2	Modified L-Sits	5, 10, 15 seconds	2	Hanging leg raises	1, 2, 1	3	Dead hangs	15, 30, 15 seconds	2	Hanging leg raises	1, 2, 1	3
	Planks	Tabata 20 seconds work/ 10 seconds rest	8	Jump rope (single or double unders)	Tabata 20 seconds work/ 10 seconds rest	8	Sprints	30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery	1	Push-ups	Tabata 20 seconds work/ 10 seconds rest	8	400 meter max effort run	6 repeats w/ 400 meter slow jog recovery between each	1

	Day 1			Day 2			Day 3			Day 4			Day 5		
	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets
Week 3	Warm Up			Warm Up			Warm Up			Warm Up			Warm Up		
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1
	Hollow Rocks	10	3	Jumping Negatives	3 Seconds	8	Partner assisted pull-ups	3, 2, 1	3	Jumping Negatives	3 Seconds	8	Partner assisted pull-ups	3, 2, 1	3
	Scapular retractions	5 reps	3	Jumping pull-ups	2 reps	10	Partial ROM pull-ups (from bottom)	1, 2, 3	2	Jumping pull-ups	2 reps	10	Partial ROM pull-ups (from bottom)	1, 2, 3	2
	Dead hangs	15, 30, 45 seconds	2	Modified L-Sits	10, 15, 20 seconds	2	Hanging leg raises	1, 2, 1	4	Dead hangs	15, 30, 15 seconds	2	Hanging leg raises	1, 2, 1	4
	Planks	Tabata 20 seconds work/ 10 seconds rest	8	Burpees	Tabata 20 seconds work 10 seconds rest	8	Sprints	45 sec w/45 sec slow jog recovery between each sprint	6	Body weight (air) squats	Tabata 20 seconds work 10 seconds rest	8	800 meter max effort run	3 repeats w/ 800 meter slow jog recovery between each	1

	Day 1			Day 2			Day 3			Day 4			Day 5		
	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets
Week 4	Warm Up			Warm Up			Warm Up			Warm Up			Warm Up		
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1
	Hollow Rocks	10	3	Jumping Negatives	5 Seconds	8	Partner assisted pull-ups	3, 2, 1	3	Jumping Negatives	7 Seconds	8	Partner assisted pull-ups	3, 2, 1	3
	Scapular retractions	5 reps	3	Jumping pull-ups	2 reps	10	Partial ROM pull-ups (from top)	1, 2, 1	2	Jumping pull-ups	2 reps	10	Partial ROM pull-ups (from top)	1, 2, 1	2
	Dead hangs	15, 30, 45 seconds	2	Modified L-Sits	10, 15, 20 seconds	2	Hanging leg raises	1, 2, 3, 2, 1	2	Dead hangs	15, 30, 45 seconds	2	Hanging leg raises	1, 2, 3, 2, 1	2
	Planks	Tabata 20 seconds work/ 10 seconds rest	16	Jump rope (single or double unders)	Tabata 20 seconds work/ 10 seconds rest	16	Sprints	30, 30, 45, 45, 60, 45, 45, 30, 30 seconds with 1:1 recovery	1	Push-ups	Tabata 20 seconds work/ 10 seconds rest	16	400 meter max effort run	8 repeats w/ 400 meter slow jog recovery between each	1

	Day 1			Day 2			Day 3			Day 4			Day 5		
	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets
Week 5	Warm Up			Warm Up			Warm Up			Warm Up			Warm Up		
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1
	Hollow Rocks	10	4	Weighted Negatives (10 lbs)	3 Seconds	8	Partner assisted pull-ups	3, 2, 1	4	Weighted Negatives (10 lbs)	3-5 Seconds	8	Partner assisted pull-ups	3, 2, 1	4
	Scapular retractions	5 reps	4	Jumping pull-ups	3 reps	10	Partial ROM pull-ups (from top)	1, 2, 3, 2, 1	1	Jumping pull-ups	3 reps	10	Partial ROM pull-ups (from top)	1, 2, 3, 2, 1	1
	Dead hangs	15, 30, 45 seconds	3	L-Sits	5 seconds	5	Hanging leg raises	1, 2, 3, 2, 1	2	Dead hangs	15, 30, 45 seconds	3	Hanging leg raises	1, 2, 3, 2, 1	2
	Planks	Tabata 20 seconds work/ 10 seconds rest	16	Burpees	Tabata 20 seconds work/ 10 seconds rest	16	Sprints	1 min w/1 min slow jog recovery between each sprint	6	Body weight negatives	Tabata 20 seconds work/ 10 seconds rest	16	800 meter max effort run	3 repeats w/ 800 meter slow jog recovery between each	1

	Day 1			Day 2			Day 3			Day 4			Day 5		
	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets	Exercise / Movement	Qty	Sets
Week 6	Warm Up			Warm Up			Warm Up			Warm Up			Warm Up		
	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1	Pull-up assessment	Max effort	1
	Hollow Rocks	10	4	Weighted Negatives (10 lbs)	5 Seconds	8	Partner assisted pull-ups	3, 2, 1	5	Weighted Negatives (10 lbs)	5-7 Seconds	8	Partner assisted pull-ups	3, 2, 1	5
	Scapular retractions	5 reps	4	Jumping pull-ups	3 reps	12	Partial ROM pull-ups (from top)	1, 2, 3, 2, 1	1	Jumping pull-ups	3 reps	12	Partial ROM pull-ups (from top)	1, 2, 3, 2, 1	1
	Dead hangs	15, 30, 45 seconds	3	L-Sits	7 seconds	5	Hanging leg raises	1, 2, 3, 2, 1	3	Dead hangs	15, 30, 45 seconds	3	Hanging leg raises	1, 2, 3, 2, 1	3
	Planks	Tabata 20 seconds work/ 10 seconds rest	16	Jump rope (single or double unders)	Tabata 20 seconds work/ 10 seconds rest	16	Sprints	30, 45, 45, 60, 60, 75, 60, 60, 45, 45, 30 seconds with 1:1 recovery	1	Push-ups	Tabata 20 seconds work/ 10 seconds rest	16	400 meter max effort run	8 repeats w/ 400 meter slow jog recovery between each	1