



COMMITTED

With ESGfitness



PULL UP CHALLENGE

Pull ups are notoriously hard but equally bad ass.

If you want to get good at something do it often so if you want to improve your pull ups guess what? We will be doing them a lot.

Minimum 3x per week in fact



GETTING STARTED:

Just like we take initial progress pictures to give us a start point I also want you to test your pull up start point..

How many pull ups can you do? If 0 then how many can you do with X colored band or X weighted assistance.

Note this down.

Now decide whether you fit into beginner, intermediate or advanced



THE TRAINING

Beginner (0 pull ups)

2x10-12 reps of under bar
pull up progressions

Intermediate (1-2 pull ups)

2x4-6 assisted band pull
ups
2x10-12 reps of under bar
pull up progressions

Advanced (3+ pull ups)

2x pull ups to failure
2x4-6 assisted band pull
ups
2x10-12 reps of under bar
pull up progressions

at the start and end of each session (3x per week minimum)



Under bar



Banded



Body weight

