

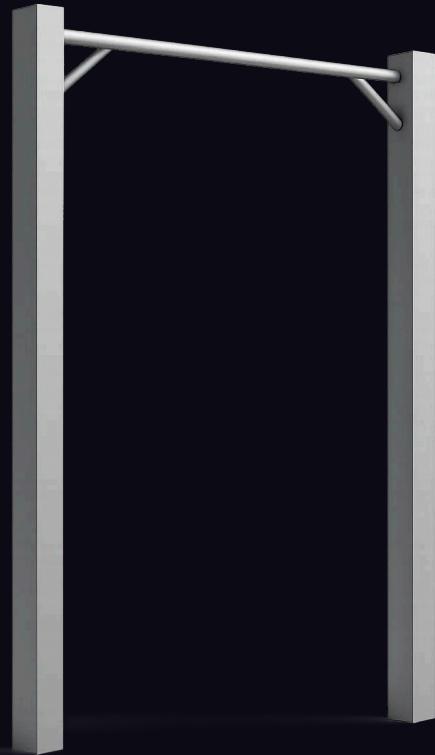
B E G I N N E R S T R E N G T H P A S S P O R T

CalisHub

3-Day Starter Plan

Pull-Up Roadmap

Start building strength, control, and confidence.



Before You Start

- Warm up every session (5–8 min)
- Move slowly, no rushing reps
- Rest 48h between training days
- Film 1 set/week to check form

BASELINE CHECK (Day 0)

Log these before starting:

- Dead Hang: ____ seconds
- Scapular Pull-Ups: ____ reps
- Negative Pull-Ups: ____ reps
- Table/Incline Rows: ____ reps

Your progress is proof, not pressure.

DAY 1 — CONTROL & SCAPULA (FOUNDATION)

Warm-up

- Bar hang: 20–30s
- Shoulder mobility: 60s
- Hollow hold: 10–20s

Main Work

- Scapular Pull-Ups: 3×5
- Negative Pull-Ups (4–6s descent): 3×3
- Table/Incline Rows: 3×8–10

Cooldown

- Lat stretch + door pec stretch — 60s each

GOAL : Learn to start the pull-up from the back, not the arms.

DAY 2 — STRENGTH & GRIP (THE ENGINE)

Warm-up

- Dead hang: 30s
- Active hang: 10s on / 10s off × 3

Main Work

- Negative Pull-Ups: 4×3
- Chin-over-bar hold: 3×8–10s
- Rows (controlled): 3×8–12
- Push-ups (clean form): 3×6–10

Optional

- Farmer Carry (anything heavy): 2×30m
- Grip strength = pull-up currency.

GOAL : Build the strength to support your own weight.

DAY 3 — TECHNIQUE & PATTERN LEARNING

Warm-up

- Bar hang: 30–40s
- Hollow swings (controlled, no kipping): 2×8–10

Main Work

- Assisted Pull-Ups (chair/foot support): 4×5–8
- Scapular Pull-Ups: 3×6
- Rows: 3×10–12
- Core: Hollow Hold 20–30s

GOAL : Teach your body the shape of a pull-up.

THE 3-PHASE ROADMAP

Phase 1 — Control (Week 1–2)

Focus: Scapula, negatives, hangs

Target markers:

- 5 clean scapular reps
- 3 smooth negatives

Phase 2 — Strength (Week 3–4)

Focus: Holds, tempo work, grip

Target markers:

- 6–8 assisted reps
- 10s chin-over-bar hold

Phase 3 — First Pull-Up (Week 5+)

Focus: Attempt once per week

Target markers:

- 30–45s dead hang
- 3 negatives that don't shake like chaos
- 1 clean assisted set at 8 reps

HABIT CHECKLIST

- Warm up before touching the bar**
- No swinging or cheating reps**
- Log reps & hang times**
- 48h recovery between sessions**
- Sleep + protein → progress multiplier**

WHEN TO TRY YOUR FIRST REAL ATTEMPT

Try when you can do:

- **30–45s dead hang**
- **5 scapular reps**
- **3 negatives with control**
- **6–8 assisted reps**

 **Try once per week, not every set.**