



BUILT WITH SCIENCE™

ULTIMATE GUIDE

# 10+ PULL-UPS IN A ROW

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## OVERVIEW

This guide is designed to quickly take you from 0, 2, 4, 8 - or wherever you're at - to 10 pull-ups in a row and beyond. To do this, we'll provide you with 3 different back workouts that are based on your current strength level. The idea is that you'll use each back workout 1x/week while re-testing your pull-up strength every couple of weeks. As your pull-ups strength improves and you reach the next strength level, you'll want to progress to the next back workout for that strength level.

In the following pages you'll see a breakdown of the 3 strength levels, as well as the full back workout for each.

*Note: Depending on how your workout routine is currently structured, you may want to instead take the exercises from the back workout and "plop" them into your current workouts rather than doing them all at once. This can be helpful if you train your back more than just once per week.*

## WHY THIS PLAN IS SO EFFECTIVE

Once we learn the reasons why pull-ups are so hard in the first place, we can uncover what makes this plan so effective.

The first reason has to do with your bodyweight. Under normal circumstances, to improve your strength in an exercise you'd use a weight and rep range that best suits your current strength level and slowly progress from there. With pull-ups, however, you're forced to lift your own bodyweight. Whether you weigh 150 or 300 pounds, that's the weight you'll have to overcome with each rep. It's like being forced to use 225 pounds every time you bench press, independent of how strong you actually are.

Yet most people disregard this and attempt to increase their pull-ups by, well, trying to do more pull-ups. For example, if someone can do let's say 5 pull-ups in a row, they'll likely be able to do 5 in the first set, 3 in the second set, and then 2 in the last set for a grand total of just 10 reps. Not only are you essentially training your all out "max strength" every time you do this, which has been shown to tax the body quite heavily, but you're also not accumulating enough pull-up volume needed to improve.

In addition to this, most people don't realize that pull-ups are not just a back exercise. To properly perform them, several other muscles in your upper and lower body must work together synergistically. No matter how strong your bigger back muscles or biceps get, if you have weak links in the chain, it will limit you from improving your pull-ups.

This is why **research** shows a weak correlation between movements like the lat pulldown and pull-up strength. And it's why many people can get really strong with assisted pull-ups (point to one side) or even chin-ups yet still struggle with pull-ups.

You need to focus on the weaker, often overlooked muscles that these big exercises don't train very well.

By programming your workout in a way that gives you "just enough" to improve your pull-up strength without overtaxing the body, as well as focusing on the common weak points that hold people back, we're able to successfully increase pull-up strength rapidly.

## STRENGTH LEVEL 1 WORKOUT

This workout is for those who can only do **between 0-4 pull-ups** in a row.

EXERCISE	SETS	REPS	NOTES
Inverted Row	4	8-12	-
Negative Pull-Ups	5	5	Progress to 5 second descents each rep
Long Lever Rocking Plank	3	1	Aim to hold for 60-120 seconds
Scapular Pull-Ups	3	8-15	2 second holds at top position

## STRENGTH LEVEL 2 WORKOUT

This workout is for those who can do **between 5-7 pull-ups** in a row.

EXERCISE	SETS	REPS	NOTES
Staggered Set Pull-Ups	Variable	2-5	Stay 2 reps away from failure (aim for 20-30 reps total)
Banded Pull-Ups	3	6-12	-
Inverted Row	3	8-12	-
Long Lever Rocking Plank	3	-	Aim to hold for 60-120 seconds
Scapular Pull-Ups	3	8-15	2 second holds at top position

## STRENGTH LEVEL 3 WORKOUT

This workout is for those who can do **between 8-9 pull-ups** in a row. In this case, you'll simply use the same routine as strength level 2, but with more difficulty.

- For the bodyweight pull-ups, add a 5lb weight either with a weight belt or a dumbbell between your feet.
- For the banded pull-ups, switch to a thinner band or take one foot out to lessen the support (see exercise tutorial pages for more detail).

EXERCISE	SETS	REPS	NOTES
Weighted Staggered Set Pull-Ups	Variable	2-5	Stay 2 reps away from failure (aim for 20-30 reps total)
Banded Pull-Ups	3	6-12	-
Inverted Row	3	8-12	-
Long Lever Rocking Plank	3	-	Aim to hold for 60-120 seconds
Scapular Pull-Ups	3	8-15	2 second holds at top position

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## INVERTED ROWS

You can perform this handing onto any fixed surface to hold - a bar on a barbell rack, a smith machine, a TRX, or even doing these under a table all work well.

Keep your core engaged, glutes squeezed, and legs straight and pull with your elbows to bring your chest towards the bar.

As you get stronger, lower the rowing angle to make the move more difficult until you can get your body completely horizontal.

### ADVANCED 01



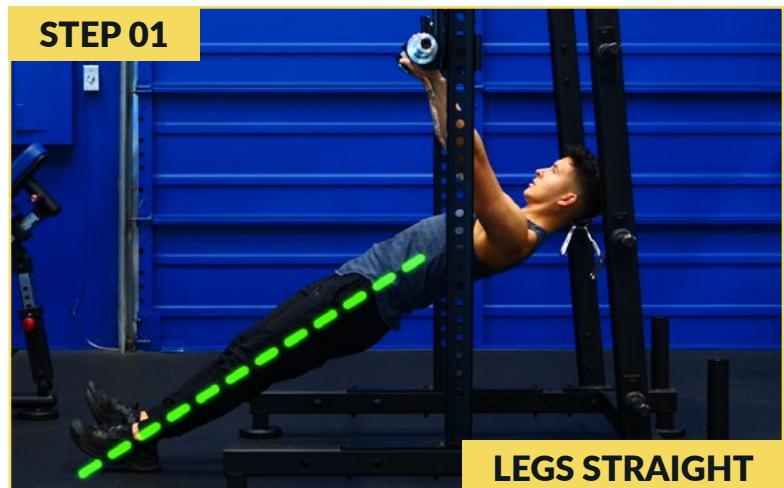
### ADVANCED 02



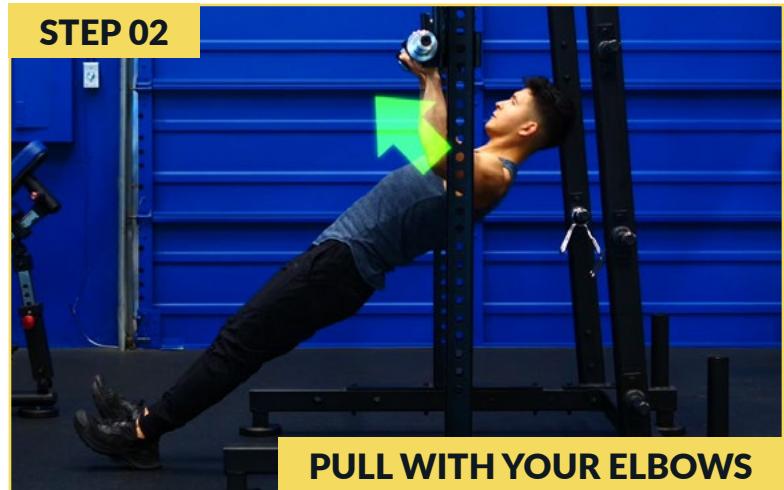
### STEP 01



### STEP 01



### STEP 02



## NEGATIVE PULL-UPS

This exercise takes advantage of the fact that you have considerably more strength during the downward phase of the pull-up as opposed to the way up.

To perform it, use a bench or box to kick yourself up to the top part of the pull-up. From here, hold this position for a few seconds and then lower your body as slowly as possible, stopping and spending more time in the most difficult spots where you're the weakest.

Work towards a 5 second hold at the top as well as a total 5 second hold on the way down.



## STAGGERED SET PULL-UPS (WEIGHTED OR BODYWEIGHT)

Here you are going to do several sets of pull-ups that never allow your body to reach complete failure. The result is a high amount of successful reps that will help your body quickly build strength and learn how to better activate the muscles involved in a pull-up.

To apply it, you're going to do sets of anywhere between 2-5 reps. These sets should be at least 2 reps away from your max effort. So if you can do just 5 pull-ups in a row, stick to sets of 2-3 reps to avoid overexertion.

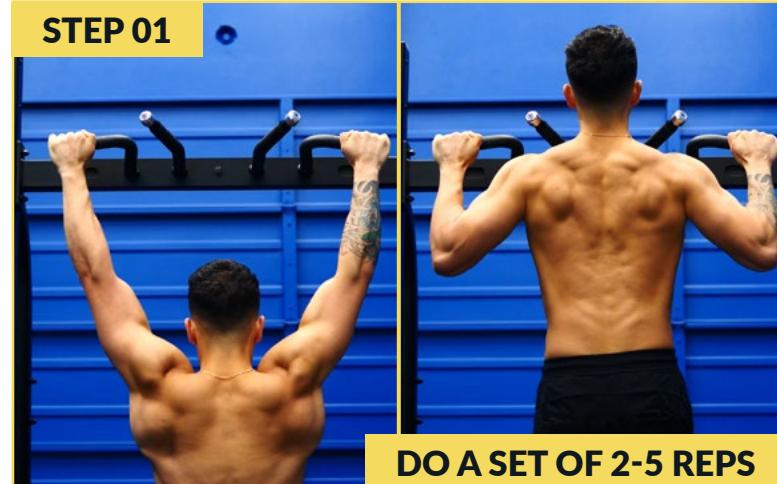
You'll do one set, rest for 30-90 seconds, do another set, and repeat this process until you reach a grand total of 20 reps. It doesn't matter if this takes you 4 sets or 10 sets to accomplish this and it also doesn't matter if you can only do sets of just 1 pull-up by the end of it. The key is that you're staying away from failure and accumulating those reps.

The goal is to overtime comfortably reach a total of 30 reps.

Once you reach strength level 3, you will continue doing these but with added weight. You can place a 5lb dumbbell between your feet and hold it as you do your pull-ups, or you can use a weight belt to add the weight.



ADVANCED



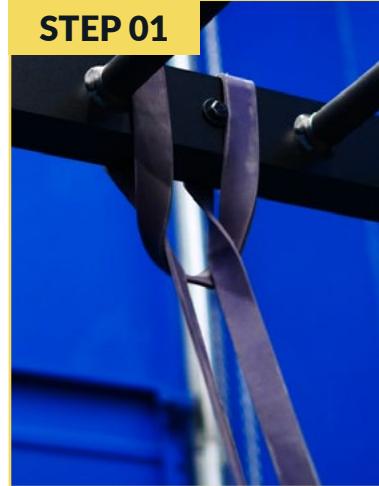
## BANDED PULL-UPS

This exercise will require at least one resistance band. If you don't have access to one, you can instead use negative pull-ups. But, I would highly recommend investing in a set of bands. [We sell a lighter band](#) here that will work for most people.

Using the band, step up onto a bench in front of the pull-up bar and loop the band around the pull-up bar and pull it through so it hangs down. Then, pull it down with your hands while lifting your leg to put one foot into it. Step off, hang off the pull-up bar, and then put both feet into it. Then, proceed to do your pull-ups. Once you finish a set, take one foot off and onto the bench and then use your hands to help take the band off your other foot.

The thicker the band, the easier it will be, so choose one that enables you to do between 6-12 reps.

As you get stronger, you can move to a thinner band and/or do your banded pull-ups with just 1 foot in the band at a time instead of 2. This will make the movement more difficult.



STEP 01



SETUP THE BAND



STEP 02



PERFORM THE PULL-UP



ADVANCED



LIGHTER BAND AND/OR JUST ONE FOOT

## LONG LEVER ROCKING PLANK

Setup how you would a normal plank but move your arms further up towards your head. Squeeze your glutes and rock your body slowly forward and back.

Keep your spine neutral and hips low. Avoid arching your lower back and avoid lifting your hips up too high.

If this is too challenging, don't rock forward and back and instead just hold your body stable while squeezing your glutes and thinking about pulling your elbows down towards your toes.



STEP 01

ARMS FURTHER UP TOWARDS YOUR HEAD



STEP 02

ROCK YOUR BODY FORWARD



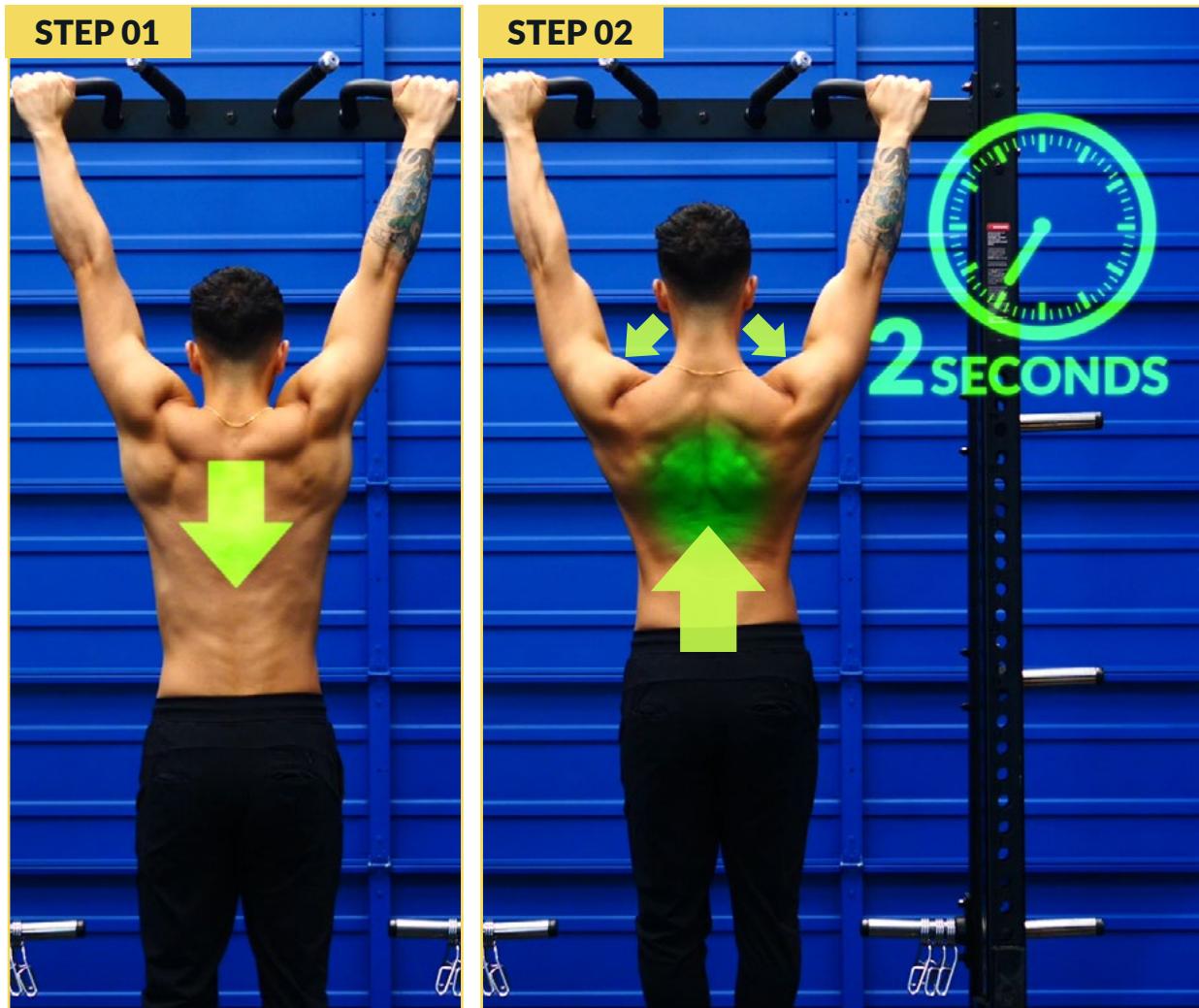
STEP 02

ROCK YOUR BODY BACK

## SCAPULAR PULL-UPS

Hang from a bar with your hands shoulder-width apart, feet together, core relaxed, and elbows locked. Relax your shoulders and back to let your shoulders come up towards your ears.

Then, without bending your arms, pull your shoulders down and away from your ears. You should feel this in the middle of your back. Pause for 2 seconds at the top position, come back down, and then repeat.



## ADDITIONAL COMMENTS

I hope this PDF is useful for you!

I put in a lot of effort into providing this routine for you free of charge. All I ask in return is that you show your support for my work and connecting with me on my social media platforms where I share more informative content on a regular basis:



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**10+ PULL-UPS IN A ROW**

