

MASTERING

THE

# PULLUP

Pullup training plans for every level. You take on the challenge, we help you clear the bar.

FASHENIC  
STYLE



# STRENGTH AND GROWTH COME ONLY THROUGH CONTINUOUS EFFORT AND STRUGGLE.

The Pullup is the ultimate bodyweight strength exercise, but it's also the most frustrating to learn. Whether you're starting from scratch or looking to improve your Pullup technique,

we're here to help you out. Read on to discover what it takes to clear the bar, as well as 3 training plans designed to help every athlete master the Pullup in just a matter of weeks.



# CONTENTS



04  
THE GO-TO  
STRENGTH EXERCISE

06  
WHAT MAKES  
THE PERFECT  
PULLUP?

## THE TRAINING PLANS

08  
STARTING  
FROM  
SCRATCH

the beginner's  
training plan

10  
RAISE  
THE  
BAR

the intermediate  
training plan

12  
ABOVE AND  
BEYOND

the advanced  
training plan

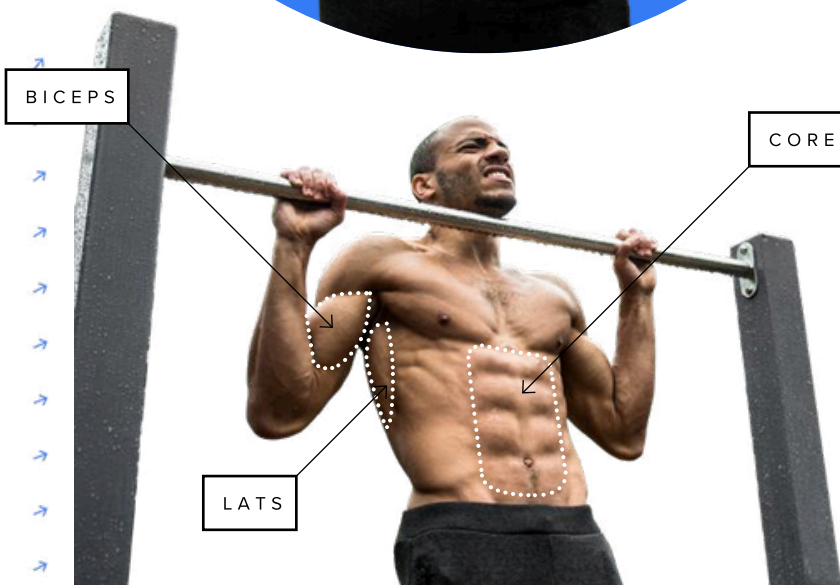
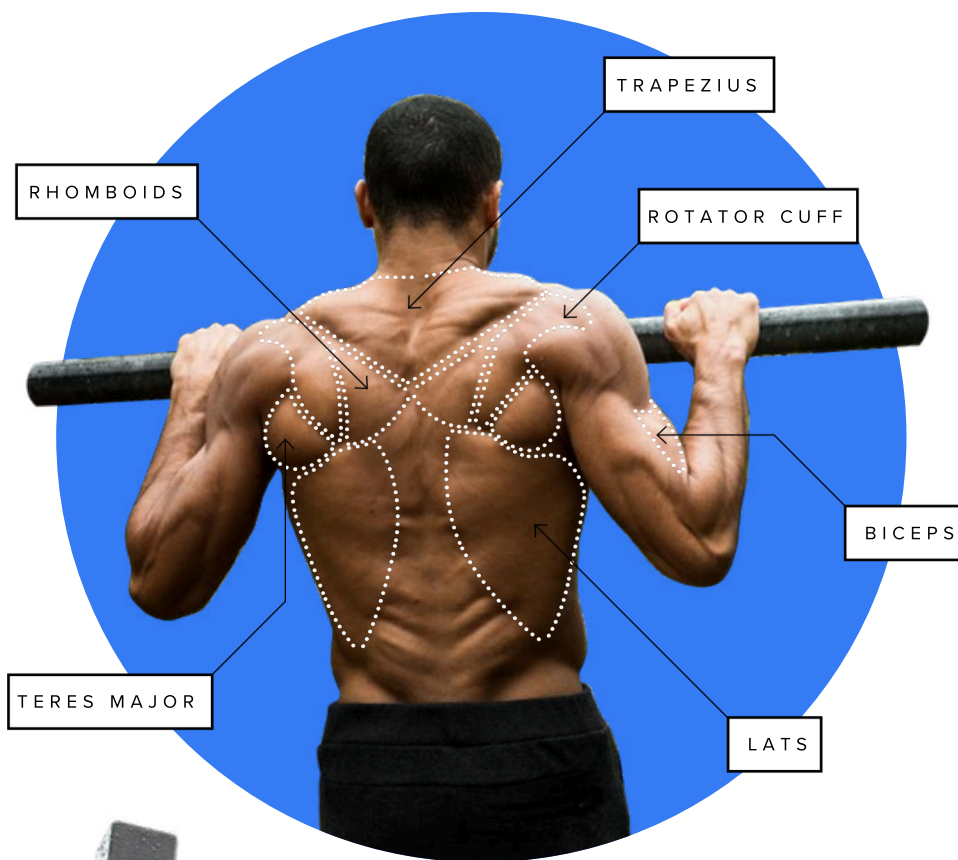
15  
PRACTICE  
MAKES  
PERFECT

16  
GLOSSARY

# THE GO-TO UPPER BODY STRENGTH EXERCISE

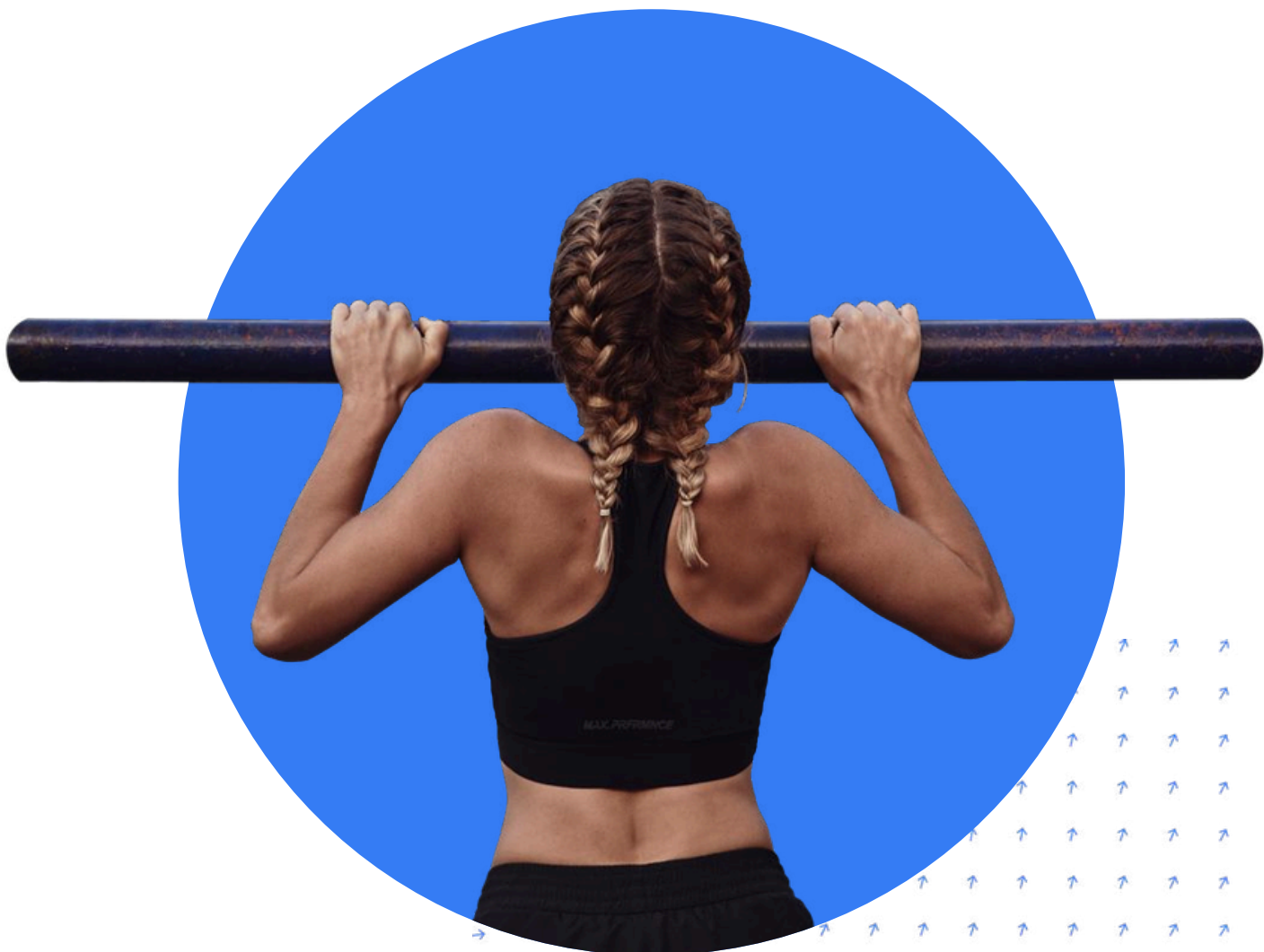
**THE PULLUP** is an exercise that functionally trains the arms, back and shoulder muscles. When you perform Pullups, the lats, biceps and shoulder muscles are all engaged, so grow and get stronger. These bicep

busters are also a great core exercise to develop the abs and obliques. It's no doubt that Pullups should be a part of every athlete's training routine, the question is, why are they so damn difficult?



**LIFTING YOUR ENTIRE BODYWEIGHT** requires strength, mobility, coordination and control. Men naturally possess more upper body muscle mass and therefore potential for strength. But this doesn't mean that women can't do Pullups. What does this mean in practice? Well, women will probably have to spend more time going

Before mastering the standard pull-up, individuals often need to work through various pull-up progressions. Women, in particular, should also focus on additional upper-body exercises to build strength in this area. Achieving your first pull-up is challenging, but the effort is well worth it.



# WHAT IS A PERFECT PULLUP?

**IT IS ALL ABOUT** technique and execution. So before we go any further, it's important you know what we consider a perfect Pullup.

#EARNYOURSTAR

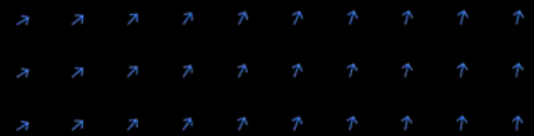
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THE  
TRAINING  
PLANS

SUCCESS IS  
THE SUM  
OF SMALL  
EFFORTS,  
**REPEATED.**  
DAY IN  
DAY OUT.



# STARTING FROM SCRATCH: THE BEGINNER'S TRAINING PLAN

**IF YOU CAN'T YET PERFORM** one Pullup or can do up to 2 full repetitions with decent form, this is the perfect training plan to get you started and utilize the muscles required to perform your first, or first few, Pullups.

Start with a **max. rep test\*** before you begin the training plan. You'll be asked to repeat this at the

Finish the session by recording your results so you can track your progress and see how far you've come. After your first max-rep test, take a couple of days off to allow your muscles to fully recover before starting the training plan. Each training day begins with a warm-up and preparation session to ready your muscles and reduce the risk of injury.

## WEEK 1

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	<b>Passive Hang*</b>	30s	1	-
WARMUP	<b>Shoulder Pullup*</b>	8 – 10	3	60s
	<b>Jumping Pullup*</b> lowering your body for 3-5 seconds	3 – 5	5	90s

## WEEK 2

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	<b>Passive Hang*</b>	30s	1	-
WARMUP	<b>Shoulder Pullup*</b>	8 – 10	3	60s
	<b>Pullup Hold*</b>	1	3 Set 1: hold for 30s Set 2: hold for 25s Set 3: hold for 20s	90s

## WEEK 3

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	Passive Hang*	30s	1	-
WARMUP	Shoulder Pullup*	8 – 10	3	60s
	Assisted Pullup*	max.	5	90s

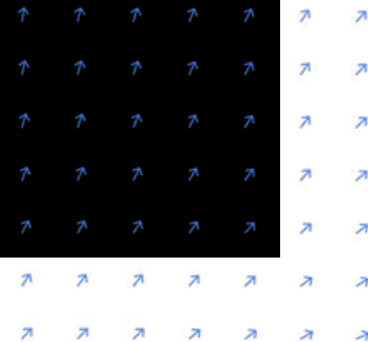
## WEEK 4

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	Passive Hang*	30s	1	-
WARMUP	Shoulder Pullup*	8 – 10	3	60s
	Jumping Pullup*	3 – 5	5	90s

**FOCUS ON STICKING TO THESE 3 TRAINING DAYS FOR 4 WEEKS, WITH A BREAK OF 1 DAY IN BETWEEN, AND THEN TRY THE MAX. REP TEST AGAIN AT THE END TO COMPARE YOUR RESULTS. [STAY CONSISTENT.](#)**

# RAISE THE BAR: THE INTERMEDIATE TRAINING PLAN



**CAN YOU DO 3-10 UNBROKEN** Pullups with decent form and now want to progress to the next level? Then it's time to focus on your efficiency. Right now, you've got the basic strength but by following this training plan you will become technically sound. Start with a **max. rep test\*** before you begin. You'll be asked to repeat this at the end

This allows you to track your progress and see how far you've come. After your first max-rep test, take a couple of days off to let your muscles fully recover before starting the training plan. Each training day begins with a warm-up and preparation session to ready your muscles and prevent

## WEEK 1

3 - 5 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	Passive Hang*	30s	1	-
WARMUP	Shoulder Pullup*	8 - 10	3	60s
	Pullups	50% of your pullup max.	5	120s

## WEEK 2

3 - 5 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	Passive Hang*	30s	1	-
WARMUP	Shoulder Pullup*	8 - 10	3	60s
	Pullups	50% of your pullup max.	7	120s

## WEEK 3

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	Passive Hang*	30s	1	-
WARMUP	Shoulder Pullup*	8 – 10	3	60s
	Pullups	50% of your pullup max.	10	120s

## WEEK 4

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)
WARMUP	Passive Hang*	30s	1	-
WARMUP	Shoulder Pullup*	8 – 10	3	60s
	Strict Pullup	max.	3	120s

**FOCUS ON STICKING TO THESE 3 TRAINING DAYS FOR 4 WEEKS, WITH A BREAK OF 1 DAY IN BETWEEN, AND THEN TRY THE MAX. REP TEST AGAIN AT THE END TO COMPARE YOUR RESULTS. [STAY CONSISTENT.](#)**

# ABOVE AND BEYOND: STRENGTHENING: THE ADVANCED TRAINING PLAN

IF YOU CAN PERFORM MORE THAN 10 unbroken pull-ups with proper form, you're considered technically sound, proficient, and efficient. What comes next is improving energy system adaptation, neuromuscular strength, and metabolic conditioning. This plan uses a method called "greasing the groove," which trains your anaerobic energy system to resist fatigue while enhancing intramuscular coordination for greater maximum strength.

Before starting the training plan, test how many pull-ups you can do with an added weight equal to 10% of your body weight. This will help you track your progress after four weeks and see how much you've improved. After the test, take a couple of days to rest so your muscles can fully recover before beginning the plan. Each pull-up

## WEEK 1

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)	ADDED WEIGHT
WARMUP	Passive Hang*	30s	1	-	-
WARMUP	Shoulder Pullup*	8 – 10	3	60s	-
	Weighted Pullups*	5	4	120s	Work up to 5RM*
	Pullups	8 – 12	1	-	-

## WEEK 2

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)	ADDED WEIGHT
WARMUP	<b>Passive Hang*</b>	30s	1	-	-
WARMUP	<b>Shoulder Pullup*</b>	8 – 10	3	60s	-
	<b>Weighted Pullups</b>	5	5	120s	50% of max. weight of week 1
	<b>Jumping Pullup*</b> lowering your body for 3-5 seconds	3	3	120s	more than max. weight of week 1: 10kg+

## WEEK 2

3 TIMES PER WEEK

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)	ADDED WEIGHT
WARMUP	<b>Passive Hang*</b>	30s	1	-	-
WARMUP	<b>Shoulder Pullup*</b>	8 – 10	3	60s	-
	<b>Weighted Pullups</b>	5	4	120s	Work up to 5RM* (aim for more than week 1)
	<b>Pullups</b>	8 – 12	1	-	-

## WEEK 2

3 times per week

	EXERCISE	REPS	SETS	REST (BETWEEN SETS)	ADDED WEIGHT
WARMUP	Passive Hang*	30s	1	-	-
WARMUP	Shoulder Pullup*	8 – 10	3	60s	-
	Weighted Pullups	5	5	120s	50% of max. weight of week 3
	Jumping Pullup* lowering your body for 3-5 seconds	3	3	120s	More than max. weight of week 3: 10kg+

**FOCUS ON STICKING TO THESE 3 TRAINING DAYS FOR 4 WEEKS, WITH A BREAK OF 1 DAY IN BETWEEN, AND THEN TRY THE MAX. REP TEST AGAIN AT THE END TO COMPARE YOUR RESULTS. STAY CONSISTENT.**

# PRACTICE MAKES PERFECT



So you can do a Pullup? ClapClap. But it doesn't end there. Choose the right Training Journey to continue to work on your Pullups, balanced with other exercises to improve your overall athletic performance. But which Training Journey should you choose? We have a few suggestions to level up your Pullups even more:

## WEIGHTS-FREE GAIN

You don't need weights to get strong. Think of a bodyweight strength exercise and it probably features in this Journey. Expect plenty of Pullups and the opportunity to hone your technique and up your reps.

## EXPLOSIVE STRENGTH

Make no mistake, this Journey doesn't go easy on the Pullups.

Over 12 weeks, you'll challenge your strength while developing explosive power and muscular endurance through a combination of intensive HIIT and bodyweight strength exercises.

## HARDCORE BODYWEIGHT

Before starting the training plan, test how many pull-ups you can do with an added weight equal to 10% of your body weight. This will help you track your progress after four weeks and see how much you've improved. After the test, take a couple of days to rest so your muscles can fully recover before beginning the plan. Each pull-up training day starts with a warm-up and preparation session to ready your muscles and reduce the risk of injury.

**CERTAIN FASHENIC STYLE GOD** workouts were designed to test your Pullup skills. Time to take on the challenge and show them what you've learned.

## BEGINNER & INTERMEDIATE

ARES

KYKLOPS

HERAKLES

PERSEUS

## a d v a n c e d

ACHILLES

ARTEMIS

ORION

AIAS

CHIMERA

PEGASOS

ARES

HADES

POSEIDON

KRIOS

# GLOSSARY

## GREASING THE GROOVE

A technique with many sets but low reps, so as to never bring the muscles to full exhaustion. This method prevents you from getting tired, therefore allowing the brain to strengthen the neuromuscular pathways more efficiently. The main focus during these reps should be perfect form. The better the form is, the better your brain learns the movement.

## NEGATIVE PULLUP

A pullup variation that focuses on a slow lowering phase, also called the eccentric part of an exercise. Rather than performing a full pullup, you start from the top and just lower yourself for a certain amount of seconds.

## MAX. REP TEST

This means doing as many repetitions as possible without failure. As soon as you are unable to pull yourself over the bar for one last repetition, stop counting.

## PULLUP HOLD

A pullup variation that includes a static hold at the top. This requires you to hold your chin above the bar for a certain amount of seconds.

## 5 RM

The "5-Repetition Maximum" is the maximum amount of weight that you can possibly lift for 5 clean repetitions.

## ASSISTED PULLUP

Doing a pullup with a resistance band to help you at the hardest part of the pulling up phase.

## PASSIVE HANG

Hanging from bar with straight arms and feet off the ground.

## JUMPING PULLUP

A pullup variation that includes jumping up with your chin over the bar and then lowering yourself slow and controlled.

## SHOULDER PULLUP

Hanging from a bar with straight arms and feet off the ground. Then moving the shoulders down and away from the ears by squeezing the shoulder blades back and down.

## WEIGHTED PULLUPS

Pullups with additional weight using a weight belt or holding a dumbbell in between the legs. This exercise enables you to lift more than your bodyweight.

TO ACHIEVE THE  
IMPOSSIBLE YOU MUST  
FIRST **ATTEMPT IT.**