
PULL UP

progression

purpose

**GYM FRIENDLY
UPPER BODY STRENGTH WORKOUTS
TO HELP YOU ACHIEVE YOUR FIRST PULL UP**



a program by
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BUTTER YOUR MACROS ©

OBJECTIVE

Ahhh . . . the pull up. The one movement that always seems to elude us, yet we still want to master it. This is one of the most coveted bodyweight exercises and also one of the most difficult to conquer. Does that mean we can't try? Of course we can! Regardless of where you are in your fitness, the following program supports the muscle groups that can help you get your first pull up!

This program lasts three weeks, with two workouts per week. You can do these in lieu of your upper body workouts, or in addition to (like an accessory). Space out the days so you aren't fatiguing the muscles back to back. If you don't have a pull up at the end of the three weeks, that's okay! You are welcome to repeat the program. Progression is key for this exercise. Keep track of your weights so you can increase weight or reps, if you choose to repeat. The suggested links are available for your information, however, if you are limited with equipment – there are plenty of modifications! Please reach out to members@butteryourmacros.com for any help or clarification.

Let's goooooooo!!!



PROGRAM OVERVIEW

METHOD

- Three Week Program
- 2 workouts per week
- To be done in place of or in addition too upper body workouts
- Quick Reference Exercise Videos

EQUIPMENT

- Dumbbells or Kettlebells
- Barbell
- Squat Rack
- Resistance Bands
- Rings (opt)
- Bench
- Mat (optional)



WEEK 1



DAY 1

EXERCISE	SETS	REPS	REST
1 <u>Seated BB Pull Ups</u>	4	10	1-3 mins
2 <u>Single Arm KB/DB Row</u>	4	10	30-45 seconds
<i>*Notes: use same weight across sets. Minimal rest switching sides. 30-45 seconds bewteen sets</i>			
3 <u>Static Hold</u>	4	20 seconds @ the top	60-90 seconds

**Notes: Keep core tight/engaged, legs flexed/straight, toes pointed*

DAY 2

EXERCISE	SETS	REPS	REST
1 <u>Inverted Ring Rows</u> or <u>BB Inverted Row</u>	4	10	90-120 seconds
2 <u>Reverse Flys</u>	4	10	60 seconds
3 <u>Lateral Raises</u>	4	10	60 seconds
4 <u>Front Raises</u>	4	10	60 seconds
5 <u>Lat Pull Downs</u> (banded)	4	10	60 seconds
6 <u>Hollow Body Hold</u>	4	10	90-120 seconds

*Notes: [This Video](#) explains why the Hollow Body Hold is important for achieving the optimal pull up.

WEEK 2



DAY 1

EXERCISE	SETS	REPS	REST
1 <u>Seated BB Pull Ups</u>	4	12	1-3 mins
2 <u>Single Arm KB/DB Row</u>	4	12	30-45 seconds
<i>*Notes: use same weight across sets. Minimal rest switching sides. 30-45 seconds bewteen sets</i>			
3 <u>Static Hold</u>	4	30 seconds @ the top	60-90 seconds

**Notes: Keep core tight/engaged, legs flexed/straight, toes pointed*

DAY 2

EXERCISE	SETS	REPS	REST
1 <u>Inverted Ring Rows</u> or <u>BB Inverted Row</u>	4	12	90-120 seconds
2 <u>Reverse Flys</u>	4	12	60 seconds
3 <u>Lateral Raises</u>	4	12	60 seconds
4 <u>Front Raises</u>	4	12	60 seconds
5 <u>Lat Pull Downs</u> (banded)	4	12	60 seconds
6 <u>Hollow Body Hold</u>	4	12	90-120 seconds

*Notes: [This Video](#) explains why the Hollow Body Hold is important for achieving the optimal pull up.

WEEK 3



DAY 1

EXERCISE	SETS	REPS	REST
1 <u>Seated BB Pull Ups</u>	5	12	1-3 mins
2 <u>Bicep Curls</u>	5	6	60 seconds
<i>*Notes: same weight across all sets. Go Heavy!</i>			
3 <u>Lat Pull Downs</u> (banded)	5	10	60 seconds
4 <u>Jumping Negative Pull Ups</u>	5	4	1-3 mins
5 <u>Active Isolated Hangs</u>	5	20-30 seconds	1-3 mins

DAY 2

EXERCISE	SETS	REPS	REST
1 <u>Inverted Ring Rows</u> or <u>BB Inverted Row</u>	5	6	90-120 seconds
<i>*Notes: elevate feet, very difficult!</i>			
2 <u>Bent Over Rows</u>	5	5	60 seconds
<i>*Notes: same weight across all sets.</i>			
3 <u>Farmers Carry</u>	5	100 m	60 seconds
<i>*Notes: Go Heavy!</i>			
4a <u>Reverse Flys</u>	3	20	5- 15 seconds transition
4b <u>Front Raises</u>	3	20	5- 15 seconds transition
4c <u>Lateral Raises</u>	3	20	60 seconds

**Notes: Do 1 set of exercise A followed by 1 set of exercise B and then repeat for remaining sets until complete.*

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