



## First Strict Pull-up Program

The progressions and drills you need to get your chin over the bar in 10 minutes a day!

Having trouble getting your first strict pull-up?

Are you frustrated by lack of pull-up progress even though you're working hard at the gym?

Pull-ups can seem elusive, frustrating, and out of reach. But with the right guidance, progressions, and consistency, you can gain the strength you need to get your first one. There are no prerequisites for this program: Anyone can work toward their first pull-up. Be patient in your training...you may even need to repeat this program 1-3 times before getting your strict pull-up. This should be a supplemental program, added on top of your every day training, even if it already consists of any variation of banded pull-ups/kiping pull-ups.

### **DAY 1**

5 X 1 Toe-Assist Pull-Up (video explanation)

2 X 10 Hanging Active Shrugs

### **DAY 2**

5 X 2 Box Assisted Pull-Ups

5 X 1 Pull-Up Negatives

### **DAY 3**

5 x 2 Box Assisted Pull-Ups

3 x 10 Hanging Active Shrugs

#### **DAY 4**

5 X 2 Box Assisted Pull-Ups

4 X 1 Pull-Up Negatives

#### **DAY 5**

5 X 2 Box Assisted Pull-Ups

4 X 10 Hanging Active Shrugs

#### **DAY 6**

5 X 2 **Box Assisted Pull-Ups**

#### Week 2

##### **Day 1**

1 x 2 minutes Bench Thoracic Spine Extension Mobilization

3 x 30 seconds Active Static Hang

##### **Day 2**

5 x 3 (slow and controlled) Box Assisted Pull-Ups

4 x 2 Pull-Up Negatives

##### **Day 3**

5 x 3 Box Assisted Pull-Ups

8 x 8 Hollow Body Pull Downs

##### **Day 4**

5 x 4 Box Assisted Pull-Ups

4 x 8 Hollow Body Pull Downs

### **Day 5**

5 x 4 [Box Assisted Pull-Ups](#)

2 x 30 seconds [Chin Over Bar Hold](#)

### **Day 6**

5 x 4 [Box Assisted Pull-Ups](#)

2 x 15 [Hanging Active Shrugs](#)

## **Week 3**

### **Day 1**

1 x 10, 1x8 1 x 6 [Shoulder Flexion Eccentrics](#)

3 x 45 seconds [Active Static Hang](#)

### **Day 2**

5 x 4 [Box Assisted Pull-Ups](#)

3 x 20 seconds [Hanging Active Shrugs](#)

### **Day 3**

5 x 4 [Box Assisted Pull-Ups](#)

5 x 2 [Pull-Up Negatives](#)

### **Day 4**

5 x 4 [Box Assisted Pull-Ups](#)

1 x 25 [Hanging Active Shrugs](#)

### **Day 5**

5 x 4 [Box Assisted Pull-Ups](#)

3 x 3 [Pull-Up Negatives](#)

### **Day 6**

5 x 4 [Box Assisted Pull-Ups](#)

3 x 20 [Hanging Active Shrugs](#)

## **WEEK 4**

### **DAY 1**

5 X 1 [Toe-Assist Pull-Up \(video explanation\)](#)

2 X 10 [Hanging Active Shrugs](#)

### **DAY 2**

5 X 5 [Box Assisted Pull-Ups](#)

3 X MAX REPS [Hollow Body Pull Downs](#)

### **DAY 3**

5 X 5 [Box Assisted Pull-Ups](#)

4 X 5 [Pull-Up Negatives](#)

### **DAY 4**

5 X 5 [Box Assisted Pull-Ups](#)

3 X 10 [Hollow Body Pull Downs](#)

### **DAY 5**

5 X 5 [Box Assisted Pull-Ups](#)

4 X 5 (3-5 SECOND NEGATIVES) [Pull-Up Negatives](#)

### **DAY 6**

5 X 5 [Box Assisted Pull-Ups](#)

4 X 8 [Hollow Body Pull Downs](#)

Finished with your 4 weeks & not quite ready to attempt the skill or not where you want to be?

No problem! Remember, these skills take months or even years to master, but the more you work on drills and strength, the closer you will be to your goal.

We recommend repeating the program several times.