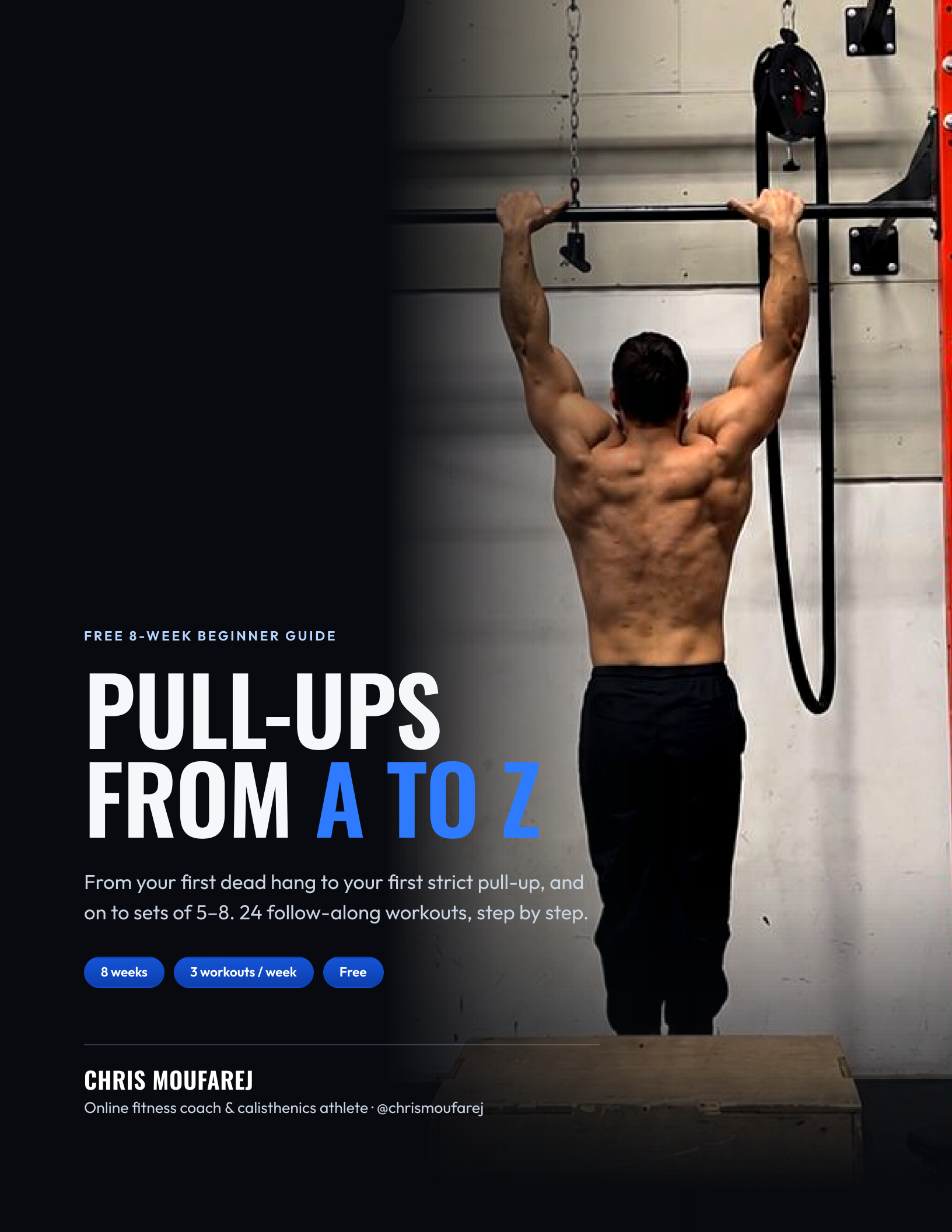

FREE 8-WEEK BEGINNER GUIDE

PULL-UPS FROM A TO Z

From your first dead hang to your first strict pull-up, and on to sets of 5–8. 24 follow-along workouts, step by step.

8 weeks | 3 workouts / week | Free

CHRIS MOUFAREJ

Online fitness coach & calisthenics athlete · @chrismoufarej

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HOW THIS WORKS

8 weeks · 3 workouts a week · 20–35 minutes each. Every exercise number (like **#12**) points to its page in the Exercise Library. The full demo videos are in my custom coaching app.

SECTION 1

WELCOME

Hey, I'm Chris. If you've ever grabbed a pull-up bar, pulled as hard as you could and gone nowhere, this guide is for you. That's a really common starting point, and it's exactly where this plan begins.

A pull-up isn't something you either "have" or "don't have." It's a skill you build, piece by piece: grip, shoulders, back, core, and the strength to control your body on the way down. In this guide, I'll walk you through each piece in order, the same way I'd coach you 1:1.

Who this is for

- You **can't do a single strict pull-up yet** (or you can only manage a shaky half rep).
- You have access to a **pull-up bar** (at home, at a park or at the gym).
- You can train **3 times a week for about 30 minutes**.

What you'll work toward

- A **confident dead hang** and strong, "switched-on" shoulders
- Your **first strict pull-up**: from a full hang to chin over the bar, no swinging
- **Building from 1 rep toward sets of 5–8**, with a simple plan to keep going after week 8

Everyone's timeline is different. Your bodyweight, your training history and your recovery all play a part. Some people get their first rep in a few weeks; for others, it takes longer than eight. Both are normal. If you finish week 8 and you're still a few negatives away, repeat weeks 5–6 and keep going. You're on the right track.

What you need

- **A pull-up bar:** a doorway bar, a park bar or a gym rig all work. Make sure it's solid and installed properly.
- **Resistance loop bands:** ideally a set (light, medium and heavy) for assisted pull-ups. Needed from week 3.
- **A low bar for rows:** a low bar, rings, a Smith machine bar, or a very sturdy table. Never a wobbly table or chair.
- **A box or chair** to step up for negatives and top holds.
- **A mat** for core work, and your phone to film yourself.

Each workout lists exactly what you need that day under **Equipment**.

How to use this guide

- **8 weeks, 3 workouts per week, 24 workouts in total.** Each week has Workout 1, Workout 2 and Workout 3. Do them in order, with at least one rest day between (for example Mon / Wed / Fri).
- **Every workout has four parts: Warm Up → Main Part → Core → Cool-down.** Don't skip the warm-up. Your elbows and shoulders will thank you.
- **Take the Pull-Up Test** (Section 3) in Workout 1 | Week 1, then again in Workout 3 | Week 4 and Workout 3 | Week 8.
- **Rest longer than you think.** Pulling strength comes from quality reps. If you need more rest to keep good form, take it.
- **Stop each set with good form.** Grinding out ugly reps teaches ugly reps.
- **Use the "make it easier / make it harder" options.** Pick the version where every rep is clean.
- **Film one set a week** from the side. It's the easiest way to catch half reps and swinging.
- Every workout also has a **follow-along version in my custom coaching app**, with the demo videos and a timer.

How to read a workout page

- **Header:** how long it takes, the level and how many exercises (for example *30 mins • Beginner • 13 exercises*). Times include the warm-up, rests and cool-down.
- **Description:** the main focus of the day.
- **Equipment:** what to have ready (for example *Pull-up bar • Resistance bands • Mat*).
- **Exercise rows:** the exercise, each set spelled out, then the number of sets. *"5 reps, 5 reps, 5 reps x3"* means three sets of 5. *"1 rep, 2 reps, 1 rep, 2 reps x4"* means a ladder: do each set in order. Rest is the break between sets.
- **The number after an exercise** (for example *#12*) is its entry in the Exercise Library (Section 8).
- **Coach's cue:** the one thing I want you to focus on that day.

> **A quick note on safety:** This guide is general fitness guidance, not medical advice. If you have a shoulder, elbow, wrist, neck or back issue, check with a healthcare professional before starting. Sharp or pinching pain means stop.

SECTION 2

SAFETY & SET-UP

1. **Check your bar every session.** Doorway bars must be fitted exactly as the instructions say. Give it a firm tug before you hang.
2. **Check your bands** for small nicks or tears. A band that snaps can hurt. Replace it if it's damaged.
3. **Step down, don't drop.** Keep a box or chair under the bar so you can get on and off with control.
4. **Effort vs. pain:** tired muscles and a burning grip are normal. Sharp pain in your elbows, shoulders or wrists is not. Stop that drill and use the easier option.
5. **Don't max out every session.** You'll test three times. The rest of the time, finish each set with a rep or two left.
6. **Chalk or a dry towel** helps if your hands get sweaty.

THE GOLDEN RULE

Quality over quantity. One clean rep beats three ugly ones. If your form breaks, the set is over.

SECTION 3

THE PULL-UP TEST

Do this test in **Workout 1 | Week 1**, **Workout 3 | Week 4** and **Workout 3 | Week 8**. It's built into those workouts, right after the warm-up. Rest 2–3 minutes between tests. Write everything in the tracking table (Section 9). There's no "fail." These numbers are just your starting point.

TEST	HOW TO DO IT	WHAT TO RECORD	SIGN YOU'RE READY FOR THE NEXT STEP
1. Dead hang	Full hang, overhand grip, hold as long as you can	Max time (seconds)	30 s+
2. Scapular pulls	From a dead hang, lift with your shoulders only, arms straight	Max clean reps	10 clean reps
3. Inverted row	Same set-up every test (write down the bar height and foot position)	Max clean reps	10+ reps
4. Flexed-arm hang	Step up, chin over the bar, hold	Max time (seconds)	10 s+
5. Negative	Step up, lower as slowly as you can to a full hang, best of 2	Seconds to lower	5 s+ with control
6. Strict pull-ups	Full hang to chin over the bar, no swinging	Max clean reps (0 is a valid answer)	1+

These "ready" signs are coaching guidelines, not pass marks. If you're below them, the program still works. It just might take you a little longer.

SECTION 4

GRIPS & VARIATIONS

Pull-up (overhand grip): palms facing away, hands slightly wider than your shoulders. This is the main grip in this guide.

Chin-up (underhand grip): palms facing you, hands about shoulder-width. It uses a bit more biceps, and many people find their first rep comes a little sooner here. We use it in week 7.

Neutral grip (palms facing each other): if your bar has parallel handles, this is often the most comfortable grip on the elbows and shoulders. It's a great option if regular pull-ups bother you.

Grip tips:

- **Wrap your thumbs around the bar.** It's a stronger, safer grip.
- **Hands slightly wider than your shoulders** for pull-ups. Very wide grips make it harder and put more stress on your shoulders.
- **Squeeze the bar hard.** A strong grip helps your whole body stay tight.
- **Keep your grip the same from rep to rep** so you can compare your progress honestly.

Choosing your band: pick the band where you can do 5–8 clean reps. When you can do 3 sets of 8 with good form, move to a lighter band. A foot in the band gives a bit more help at the bottom; a knee in the band is more stable.

SECTION 5

THE PROGRAM AT A GLANCE

PHASE	WEEKS	FOCUS	KEY DRILLS
1. Foundations	1–2	Grip, shoulder control, starting to pull	Dead hang, active hang, scapular pulls, inverted rows, flexed-arm hang intro, jumping pull-ups
2. Pulling Strength	3–4	Building strength through the full movement	Band-assisted pull-ups, negatives, jumping pull-ups, flexed-arm hang
3. First Rep	5–6	Earning your first strict pull-up	First-rep attempts, longer negatives, top-half pull-ups, lighter bands
4. Rep Building	7–8	Going from 1 rep to more	Singles, ladders, clusters, chin-ups

The weekly pattern:

- **Workout 1: Strength.** The hardest pulling of the week, while you're fresh.
- **Workout 2: Holds + control.** Hangs, top holds and scap work.
- **Workout 3: Volume + core.** More total reps (plus the test in weeks 1, 4 and 8).

Every workout = Warm Up (about 6 min) → Main Part → Core → Cool-down (about 2 min). Total: 20–35 minutes.

Standard Warm Up (in every workout): arm circles, band pull-aparts, cat–cow, scapula push-ups, wrist circles, easy dead hang. If one of these is already in that day's Main Part, it's left out of the warm-up.

Standard Cool-down (in every workout): kneeling lat stretch, doorway chest stretch, wrist & forearm stretch.

Still working toward your first rep in weeks 5–8? Whenever you see "strict pull-up," do a 5–8 second negative instead (or a very light band rep). That's not a step back. It's exactly the right training for where you are.

WEEK 1 OF 8

WEEK 1

Phase 1: Foundations Weeks 1–2

Build your grip, learn to switch your shoulders on, and start pulling with rows.

This week: Dead hangs, scapular pulls, active hangs and your first rows.

Your 3 workouts this week

WORKOUT 1

STARTING POINT + TEST

20 min · 11 exercises · Pull-up bar · Resistance bands · Low bar or table · Mat

- Dead hang #6
- Inverted row #9
- Hollow body hold #18

WORKOUT 2

HANG + ROW

30 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Mat

- Dead hang #6
- Scapular pulls #8
- Inverted (Australian) row #9
- Hollow body hold #18
- Arch (superman) hold #19

WORKOUT 3

ACTIVE SHOULDERS

30 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Mat

- Active hang #7
- Scapular pulls #8
- Inverted (Australian) row #9
- Forearm plank hold #17

Week 1 check-in

☐ **WORKOUT 1**

Date

Best result

☐ **WORKOUT 2**

Date

Best result

☐ **WORKOUT 3**

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

WEEK 1 · WORKOUT 1 OF 24

STARTING POINT + TEST

20 min | Beginner | 11 exercises

Today you find out exactly where you're starting. You'll take the Pull-Up Test and write down your numbers. Zero pull-ups is a completely normal starting point. Then a short session to get your hands and shoulders used to the bar.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Mat

Follow along in my custom coaching app: **Open Workout 1 in the app**

WARM UP

Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1

MAIN PART

EXERCISE	SETS	REST	VIDEO
Dead hang	15–20 sec, 15–20 sec x2	90 s between	
Inverted row (high bar, easy angle)	6–8 reps, 6–8 reps x2	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold (tuck)	15 sec, 15 sec x2	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Write your numbers down, even the zeros. In eight weeks, you'll be glad you did.

MAKE IT EASIER

Keep your feet lightly on the floor during the hangs.

MAKE IT HARDER

Add 10 seconds to each hang.

WEEK 1 · WORKOUT 2 OF 24

HANG + ROW

30 min | Beginner | 13 exercises

Grip and back day. Dead hangs build the grip that holds you on the bar, and inverted rows start building the pulling muscles you'll use for every pull-up.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Mat

Follow along in my custom coaching app: **Open Workout 2 in the app**

WARM UP

Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1

MAIN PART

EXERCISE	SETS	REST	VIDEO
Dead hang	20 sec, 20 sec, 20 sec x3	90 s between	
Scapular pulls (scap pull-ups)	5 reps, 5 reps, 5 reps x3	90 s between	▶ #8
Inverted (Australian) row	8 reps, 8 reps, 8 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold (tuck)	20 sec, 20 sec, 20 sec x3	45 s between	▶ #18
Arch (superman) hold	15 sec, 15 sec x2	45 s between	▶ #19

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

On scap pulls, your arms stay straight. The lift comes from pulling your shoulders down, away from your ears.

MAKE IT EASIER

Keep a little weight on your feet for the hangs and scap pulls.

MAKE IT HARDER

Lower the bar or straighten your legs on the rows.

ACTIVE SHOULDERS

30 min | Beginner | 13 exercises

Today you learn the active hang, the start position of every good pull-up. Switching your shoulders on before you pull protects them and makes the first part of the rep much easier.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Mat

Follow along in my custom coaching app: **Open Workout 3 in the app**

WARM UP

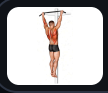
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Active hang	10 sec, 10 sec, 10 sec, 10 sec x4	90 s between	▶ #7
Scapular pulls (scap pull-ups)	6 reps, 6 reps, 6 reps x3	90 s between	▶ #8
Inverted (Australian) row	8 reps, 8 reps, 8 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Forearm plank hold	30 sec, 30 sec, 30 sec x3	45 s between	▶ #17

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Think 'shoulders down into your back pockets' while your arms stay long.

MAKE IT EASIER

Hold the active hang for 5 seconds and do more sets.

MAKE IT HARDER

Hold 15 seconds per set.

WEEK 2 OF 8

WEEK 2

Phase 1: Foundations Weeks 1–2

Build your grip, learn to switch your shoulders on, and start pulling with rows.

This week: Longer hangs, the flexed-arm hang and jumping pull-ups.

Your 3 workouts this week

WORKOUT 4

LONGER HANGS

30 min · 12 exercises · Pull-up bar · Resistance bands · Low bar or table · Mat

- Dead hang #6
- Scapular pulls #8
- Inverted row #9
- Hollow body hold #18

WORKOUT 5

TOP POSITION INTRO

30 min · 14 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Active hang #7
- Flexed-arm hang #10
- Inverted (Australian) row #9
- Arch (superman) hold #19
- Hollow body hold #18

WORKOUT 6

FULL MOVEMENT PRACTICE

30 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Scapular pulls #8
- Jumping pull-up #11
- Inverted (Australian) row #9
- Hollow body hold #18

Week 2 check-in

☐ **WORKOUT 4**

Date

Best result

☐ **WORKOUT 5**

Date

Best result

☐ **WORKOUT 6**

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

LONGER HANGS

30 min | Beginner | 12 exercises

This week the hangs get longer and the rows get harder. Grip endurance is usually the first thing to improve, so you should start feeling stronger on the bar quickly.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Mat

Follow along in my custom coaching app: **Open Workout 4 in the app**

WARM UP

Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1

MAIN PART

EXERCISE	SETS	REST	VIDEO
Dead hang	30 sec, 30 sec, 30 sec x3	90 s between	
Scapular pulls (scap pull-ups)	8 reps, 8 reps, 8 reps x3	90 s between	▶ #8
Inverted row (slightly lower angle)	8 reps, 8 reps, 8 reps, 8 reps x4	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	20 sec, 20 sec, 20 sec x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Lower your row a little only if you can still touch your chest to the bar on every rep.

MAKE IT EASIER

Split the hangs into 2 × 15 seconds.

MAKE IT HARDER

Pause for 2 seconds at the top of each row.

TOP POSITION INTRO

30 min | Beginner | 14 exercises

Your first time at the top of the bar. The flexed-arm hang teaches you what 'chin over the bar' feels like, and builds strength in the position most beginners find hardest.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 5 in the app**

WARM UP

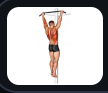
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Active hang	15 sec, 15 sec, 15 sec, 15 sec x4	90 s between	▶ #7
Flexed-arm hang (top hold)	5 sec, 5 sec, 5 sec, 5 sec x4	90 s between	
Inverted (Australian) row	10 reps, 10 reps, 10 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Arch (superman) hold	20 sec, 20 sec x2	45 s between	▶ #19
Hollow body hold (arms overhead)	20 s hold x2	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

In the flexed-arm hang, keep your elbows tucked in and your shoulders pulled down. Proud chest, not a straining neck.

MAKE IT EASIER

Hold with your chin at bar height instead of above it.

MAKE IT HARDER

Hold 8–10 seconds.

WEEK 2 · WORKOUT 6 OF 24

FULL MOVEMENT PRACTICE

30 min | Beginner | 13 exercises

Today you practise the full pull-up path with your legs helping. Jumping pull-ups teach your body the movement while you build strength to do it on your own.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 6 in the app**

WARM UP

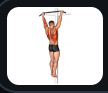
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

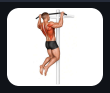
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Scapular pulls (2-sec pause at the top)	8 reps, 8 reps, 8 reps x3	90 s between	▶ #8
Jumping pull-up	3 reps, 3 reps, 3 reps x3	2 min between	
Inverted (Australian) row	10 reps, 10 reps, 10 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	25 sec, 25 sec, 25 sec x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Jump to get up, but lower yourself slowly. The slow way down is where the strength gets built.

MAKE IT EASIER

Jump higher and lower over 2 seconds.

MAKE IT HARDER

Use less jump and lower over 4 seconds.

WEEK 3 OF 8

WEEK 3

Phase 2: Pulling Strength Weeks 3–4

Build strength through the full pull-up with bands, negatives and top holds.

This week: Band-assisted pull-ups and your first negatives.

Your 3 workouts this week

WORKOUT 7

BAND-ASSISTED PULL-UPS

30 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Mat

- Band-assisted pull-up #13
- Inverted (Australian) row #9
- Scapular pulls #8
- Hollow body hold #18

WORKOUT 8

FIRST NEGATIVES

30 min · 14 exercises · Pull-up bar · Resistance bands · Box or chair · Mat

- Negative pull-up #12
- Flexed-arm hang #10
- Active hang #7
- Arch (superman) hold #19
- Hollow body hold #18

WORKOUT 9

JUMP + BAND COMBO

35 min · 14 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Jumping pull-up #11
- Band-assisted pull-up #13
- Inverted (Australian) row #9
- Forearm plank hold #17
- Hollow body hold #18

Week 3 check-in

☐ WORKOUT 7

Date

Best result

☐ WORKOUT 8

Date

Best result

☐ WORKOUT 9

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

BAND-ASSISTED PULL-UPS

30 min · Beginner · 13 exercises

This phase is about building real pulling strength. Band-assisted pull-ups let you practise full, clean reps with some of your weight taken off.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Mat

Follow along in my custom coaching app: **Open Workout 7 in the app**

WARM UP

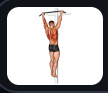
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Band-assisted pull-up (heavier band)	5 reps, 5 reps, 5 reps, 5 reps x4	2 min between	▶ #13
Inverted (Australian) row	10 reps, 10 reps, 10 reps x3	90 s between	▶ #9
Scapular pulls (scap pull-ups)	10 reps, 10 reps x2	90 s between	▶ #8

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	25 sec, 25 sec, 25 sec x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Every rep starts from a full hang with active shoulders. No bouncing off the band.

MAKE IT EASIER

Use a stronger band or put your knee in the band instead of your foot.

MAKE IT HARDER

Do 6 reps per set, or use a lighter band.

FIRST NEGATIVES

30 min | Beginner | 14 exercises

Today you start negatives: lowering yourself slowly from the top. This is one of the most effective ways to build strength for your first pull-up, so take your time with it.

Equipment: Pull-up bar · Resistance bands · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 8 in the app**

WARM UP

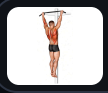
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Negative pull-up (3-sec lower)	2 reps, 2 reps, 2 reps, 2 reps x4	2 min between	▶ #12
Flexed-arm hang (top hold)	10 sec, 10 sec, 10 sec x3	90 s between	
Active hang	15 sec, 15 sec, 15 sec x3	90 s between	▶ #7

CORE

EXERCISE	SETS	REST	VIDEO
Arch (superman) hold	20 sec, 20 sec x2	45 s between	▶ #19
Hollow body hold (arms overhead)	20 s hold x2	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Count out loud on the way down: one, two, three. If you drop, that rep still counts as practice. Just slow the next one down.

MAKE IT EASIER

Do 1 rep per set, or use a light band for the negatives.

MAKE IT HARDER

Lower over 4–5 seconds.

JUMP + BAND COMBO

35 min | Beginner | 14 exercises

A mix of jumping pull-ups with slow lowering and band-assisted reps. Today you build volume: more good reps in total.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 9 in the app**

WARM UP

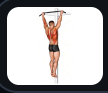
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

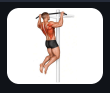
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Jumping pull-up (3-sec lower)	4 reps, 4 reps, 4 reps, 4 reps x4	2 min between	
Band-assisted pull-up	6 reps, 6 reps, 6 reps x3	2 min between	▶ #13
Inverted (Australian) row	10 reps, 10 reps, 10 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Forearm plank hold	40 sec, 40 sec x2	45 s between	▶ #17
Hollow body hold	25 sec, 25 sec x2	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Use your legs as little as possible on the jumps. Let your arms do as much as they can.

MAKE IT EASIER

Fewer reps per set, same total.

MAKE IT HARDER

Pause 2 seconds at the top of each band-assisted rep.

WEEK 4 OF 8

WEEK 4

Phase 2: Pulling Strength Weeks 3–4

Build strength through the full pull-up with bands, negatives and top holds.

This week: Slower negatives, top strength and the halfway re-test.

Your 3 workouts this week

WORKOUT 10

SLOWER NEGATIVES

35 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Negative pull-up #12
- Band-assisted pull-up #13
- Inverted row #9
- Hollow body hold #18

WORKOUT 11

TOP STRENGTH

35 min · 14 exercises · Pull-up bar · Resistance bands · Box or chair · Mat

- Flexed-arm hang #10
- Band-assisted pull-up #13
- Scapular pulls #8
- Arch (superman) hold #19
- Hollow body hold #18

WORKOUT 12

RE-TEST

35 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- **Pull-up test**
- Jumping pull-up #11
- Inverted (Australian) row #9
- Hollow body hold #18

Week 4 check-in

☐ **WORKOUT 10**

Date

Best result

☐ **WORKOUT 11**

Date

Best result

☐ **WORKOUT 12**

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

SLOWER NEGATIVES

35 min | Beginner | 13 exercises

The negatives get slower this week. A controlled 4–5 second lower from top to bottom shows your strength is getting close to a full rep.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 10 in the app**

WARM UP

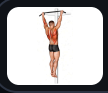
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Negative pull-up (4–5 sec lower)	2 reps, 2 reps, 2 reps, 2 reps, 2 reps x5	2 min between	▶ #12
Band-assisted pull-up	6 reps, 6 reps, 6 reps x3	2 min between	▶ #13
Inverted row (lower angle)	12 reps, 12 reps, 12 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	30 sec, 30 sec, 30 sec x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

The hardest part of the negative is usually halfway down. That's exactly where to slow down.

MAKE IT EASIER

Keep the 3-second lower from last week.

MAKE IT HARDER

Lower over 6 seconds.

WEEK 4 · WORKOUT 11 OF 24

TOP STRENGTH

35 min | Beginner | 14 exercises

Today you build strength at the top of the pull-up, with longer flexed-arm hangs and more band-assisted reps.

Equipment: Pull-up bar · Resistance bands · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 11 in the app**

WARM UP

Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1

Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Flexed-arm hang (top hold)	10–15 sec, 10–15 sec, 10–15 sec, 10–15 sec x4	90 s between	
Band-assisted pull-up	6 reps, 6 reps, 6 reps, 6 reps x4	2 min between	▶ #13
Scapular pulls (scap pull-ups)	10 reps, 10 reps, 10 reps x3	90 s between	▶ #8

CORE

EXERCISE	SETS	REST	VIDEO
Arch (superman) hold	20 sec, 20 sec x2	45 s between	▶ #19
Hollow body hold (arms overhead)	25 s hold x2	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Hold the top as if someone's about to take a photo: chin over, chest proud, shoulders down.

MAKE IT EASIER

Hold 5–8 seconds.

MAKE IT HARDER

Hold 20 seconds.

RE-TEST

35 min | Beginner | 13 exercises

Halfway check-in. Re-take the Pull-Up Test and compare with week 1. Then a short practice session. Don't skip the test. Seeing your numbers move is part of the training.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 12 in the app**

WARM UP

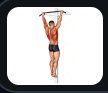
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

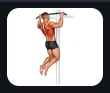
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Pull-Up Test (see Section 3)	1 test round x1	–	–
Jumping pull-up (slow lower)	3 reps, 3 reps, 3 reps x3	2 min between	
Inverted (Australian) row	10 reps, 10 reps x2	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	30 sec, 30 sec x2	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Compare every number with week 1. Even a few seconds or one rep more is real progress.

MAKE IT EASIER

Skip the practice and only test.

MAKE IT HARDER

Add one band-assisted set of 6 after the test.

WEEK 5 OF 8

WEEK 5

Phase 3: First Rep Weeks 5–6

Earn your first strict pull-up with fresh attempts, slower negatives and top-half strength.

This week: First-rep attempts, top-half pull-ups and a lighter band.

Your 3 workouts this week

WORKOUT 13

FIRST REP ATTEMPTS

35 min · 13 exercises · Pull-up bar · Resistance bands · Box or chair · Mat

- Strict pull-up attempt #15
- Negative pull-up #12
- Band-assisted pull-up #13
- Hanging knee raise #20

WORKOUT 14

TOP-HALF STRENGTH

30 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Top-half pull-up #14
- Flexed-arm hang #10
- Inverted (Australian) row #9
- Hollow body hold #18

WORKOUT 15

VOLUME DAY

30 min · 14 exercises · Pull-up bar · Resistance bands · Box or chair · Mat

- Band-assisted pull-up #13
- Jumping pull-up #11
- Negative (eccentric) pull-up #12
- Hanging knee raise #20
- Arch (superman) hold #19

Week 5 check-in

☐ WORKOUT 13

Date

Best result

☐ WORKOUT 14

Date

Best result

☐ WORKOUT 15

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

FIRST REP ATTEMPTS

35 min | Beginner+ | 13 exercises

This phase is about your first strict pull-up. Each session starts with a few fresh attempts, then builds strength with negatives and a lighter band. Not there yet? That's normal. Your negatives count.

Equipment: Pull-up bar · Resistance bands · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 13 in the app**

WARM UP

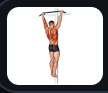
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

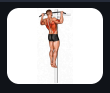
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Strict pull-up attempt (or a 5-sec negative)	1 attempt, 1 attempt, 1 attempt x3	2–3 min between	
Negative pull-up (5-sec lower)	2 reps, 2 reps, 2 reps, 2 reps x4	2 min between	▶ #12
Band-assisted pull-up (lighter band)	5 reps, 5 reps, 5 reps x3	2 min between	▶ #13

CORE

EXERCISE	SETS	REST	VIDEO
Hanging knee raise	6 reps, 6 reps, 6 reps x3	60 s between	

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Attempt your first rep when you're fresh. Full hang, shoulders on, legs together, pull your elbows to your back pockets.

MAKE IT EASIER

Replace the attempts with jumping pull-ups (slow lower).

MAKE IT HARDER

If you get a rep, do 2 sets of 1 more after a full rest.

TOP-HALF STRENGTH

30 min | Beginner+ | 13 exercises

Today you train the part of the rep where most people get stuck: the top half. Top-half pull-ups and flexed-arm hangs build strength right where you need it.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 14 in the app**

WARM UP

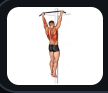
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Top-half pull-up	3 reps, 3 reps, 3 reps, 3 reps x4	2 min between	▶ #14
Flexed-arm hang (top hold)	15 sec, 15 sec, 15 sec x3	90 s between	
Inverted (Australian) row	12 reps, 12 reps, 12 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	30 sec, 30 sec, 30 sec x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

On the top-half reps, stop at 90° at the elbows and pull straight back up. Smooth, no kicking.

MAKE IT EASIER

Do 2 reps per set, or lower only a quarter of the way.

MAKE IT HARDER

Pause 1 second at the bottom of each top-half rep.

VOLUME DAY

30 min | Beginner+ | 14 exercises

More quality reps in total. A lighter band, jumping pull-ups and negatives, all focused on clean form.

Equipment: Pull-up bar · Resistance bands · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 15 in the app**

WARM UP

Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

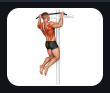
Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1

Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Band-assisted pull-up (lighter band)	6 reps, 6 reps, 6 reps, 6 reps x4	2 min between	▶ #13
Jumping pull-up (4-sec lower)	4 reps, 4 reps, 4 reps x3	2 min between	
Negative (eccentric) pull-up	2 reps, 2 reps x2	2 min between	▶ #12

CORE

EXERCISE	SETS	REST	VIDEO
Hanging knee raise	8 reps, 8 reps x2	60 s between	
Arch (superman) hold	20 sec, 20 sec x2	45 s between	▶ #19

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Quality over quantity. If your form breaks, stop the set early and rest.

MAKE IT EASIER

Use your previous band.

MAKE IT HARDER

Do 8 reps on the band-assisted sets.

WEEK 6 OF 8

WEEK 6

Phase 3: First Rep Weeks 5–6

Earn your first strict pull-up with fresh attempts, slower negatives and top-half strength.

This week: A focused push for the first rep and your benchmark.

Your 3 workouts this week

WORKOUT 16

FIRST REP PUSH

35 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Strict pull-up attempt #15
- Negative pull-up #12
- Inverted (Australian) row #9
- Hollow body hold #18

WORKOUT 17

BAND + HOLDS

35 min · 13 exercises · Pull-up bar · Resistance bands · Box or chair · Mat

- Band-assisted pull-up #13
- Flexed-arm hang #10
- Scapular pulls #8
- Hanging knee raise #20

WORKOUT 18

MAX ATTEMPT + TOP-HALF

30 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Strict pull-up, best effort #15
- Top-half pull-up #14
- Inverted (Australian) row #9
- Hollow body hold #18

Week 6 check-in

☐ WORKOUT 16

Date

Best result

☐ WORKOUT 17

Date

Best result

☐ WORKOUT 18

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

FIRST REP PUSH

35 min | Beginner+ | 13 exercises

A second focused push for your first rep. Fresh attempts, longer negatives, and plenty of rest between sets so every attempt is your best.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 16 in the app**

WARM UP

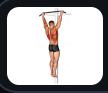
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

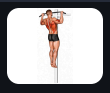
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Strict pull-up attempt (or a 6–8 sec negative)	1 attempt, 1 attempt, 1 attempt, 1 attempt x4	2–3 min between	
Negative pull-up (6–8 sec lower)	2 reps, 2 reps, 2 reps x3	2 min between	▶ #12
Inverted (Australian) row	12 reps, 12 reps, 12 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold (arms overhead)	30 s hold x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Rest fully between attempts. A pull-up attempt on tired arms isn't a fair test.

MAKE IT EASIER

Use a very light band for the attempts.

MAKE IT HARDER

If you get one, try for a double (2 reps) on the last attempt.

BAND + HOLDS

35 min | Beginner+ | 13 exercises

Building volume and top strength together. Band-assisted reps, longer flexed-arm hangs and scap pulls to keep your shoulders strong.

Equipment: Pull-up bar · Resistance bands · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 17 in the app**

WARM UP

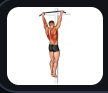
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Band-assisted pull-up	6 reps, 6 reps, 6 reps, 6 reps x4	2 min between	▶ #13
Flexed-arm hang (top hold)	20 sec, 20 sec, 20 sec x3	90 s between	
Scapular pulls (scap pull-ups)	10 reps, 10 reps, 10 reps x3	90 s between	▶ #8

CORE

EXERCISE	SETS	REST	VIDEO
Hanging knee raise	8 reps, 8 reps, 8 reps x3	60 s between	

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Lighter band, same clean form. A good rep is full range every time.

MAKE IT EASIER

Hold 10–15 seconds.

MAKE IT HARDER

Pause 2 seconds at the top of each band-assisted rep.

MAX ATTEMPT + TOP-HALF

30 min | Beginner+ | 13 exercises

Today you test your best single (or longest negative), then build the top half of the rep. Write today's result down as your benchmark heading into the last phase.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 18 in the app**

WARM UP

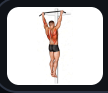
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

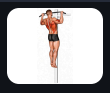
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Strict pull-up, best effort (or slowest negative)	1 attempt, 1 attempt, 1 attempt x3	3 min between	
Top-half pull-up	4 reps, 4 reps, 4 reps x3	2 min between	▶ #14
Inverted (Australian) row	12 reps, 12 reps x2	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	30 sec, 30 sec, 30 sec x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Write today's best down. It's your starting line for the rep-building phase.

MAKE IT EASIER

Swap the attempts for 5-second negatives.

MAKE IT HARDER

After 3 minutes' rest, try for a double.

WEEK 7 OF 8

WEEK 7

Phase 4: Rep Building Weeks 7–8

Turn one rep into more with singles, ladders and clusters.

This week: Singles, ladders and chin-ups.

Your 3 workouts this week

WORKOUT 19

SINGLES

35 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Strict pull-up #15
- Negative (eccentric) pull-up #12
- Inverted (Australian) row #9
- Hollow body hold #18

WORKOUT 20

LADDER

30 min · 13 exercises · Pull-up bar · Resistance bands · Box or chair · Mat

- Strict pull-up ladder #15
- Band-assisted pull-up #13
- Flexed-arm hang #10
- Hanging knee raise #20

WORKOUT 21

CHIN-UPS + VOLUME

35 min · 13 exercises · Pull-up bar · Resistance bands · Box or chair · Mat

- Chin-up #16
- Band-assisted pull-up #13
- Negative (eccentric) pull-up #12
- Hollow body hold #18

Week 7 check-in

☐ WORKOUT 19

Date

Best result

☐ WORKOUT 20

Date

Best result

☐ WORKOUT 21

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

SINGLES

35 min | Beginner+ | 13 exercises

Rep-building starts. Lots of single, perfect reps with full rest. Still working toward your first? Do a 5–8 second negative every time you see a strict pull-up.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 19 in the app**

WARM UP

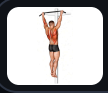
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

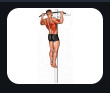
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Strict pull-up (single)	1 rep, 1 rep, 1 rep, 1 rep, 1 rep, 1 rep x6	90 s between	
Negative (eccentric) pull-up	2 reps, 2 reps, 2 reps x3	2 min between	▶ #12
Inverted (Australian) row	12 reps, 12 reps, 12 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	30 sec, 30 sec, 30 sec x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Six perfect singles beat one ugly set of three. Stop if your form starts to break.

MAKE IT EASIER

Do 4 singles, or swap each for a negative.

MAKE IT HARDER

Do 8 singles.

LADDER

30 min | Beginner+ | 13 exercises

Ladders build volume without grinding to failure: 1 rep, rest, 2 reps, rest, then start again. If 2 reps aren't there yet, do 1 rep + 1 negative.

Equipment: Pull-up bar · Resistance bands · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 20 in the app**

WARM UP

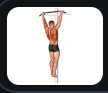
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

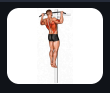
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Strict pull-up ladder	1 rep, 2 reps, 1 rep, 2 reps, 1 rep, 2 reps x6	90 s between	
Band-assisted pull-up	8 reps, 8 reps, 8 reps x3	2 min between	▶ #13
Flexed-arm hang (top hold)	20 sec, 20 sec x2	90 s between	

CORE

EXERCISE	SETS	REST	VIDEO
Hanging knee raise	8 reps, 8 reps, 8 reps x3	60 s between	

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Only climb the ladder while every rep is clean. Stop the ladder early rather than let your form slip.

MAKE IT EASIER

Do 1 rep, 1 rep, 1 rep, 1 rep instead of the ladder.

MAKE IT HARDER

Add a 3-rep rung if 2 reps feel solid.

CHIN-UPS + VOLUME

35 min | Beginner+ | 13 exercises

A new grip for variety. Chin-ups (palms facing you) use your biceps a bit more and are great for building reps. Today is about good volume with a different feel.

Equipment: Pull-up bar · Resistance bands · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 21 in the app**

WARM UP

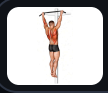
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Chin-up (underhand grip)	1–2 reps, 1–2 reps, 1–2 reps, 1–2 reps, 1–2 reps x5	2 min between	▶ #16
Band-assisted pull-up (light band)	8 reps, 8 reps, 8 reps x3	2 min between	▶ #13
Negative (eccentric) pull-up	2 reps, 2 reps x2	2 min between	▶ #12

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold (arms overhead)	30 s hold x3	45 s between	▶ #18

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Same rules as a pull-up: full hang at the bottom, chin over the bar at the top, no swinging.

MAKE IT EASIER

Swap the chin-ups for chin-up negatives.

MAKE IT HARDER

Do 2–3 reps per chin-up set.

WEEK 8 OF 8

WEEK 8

Phase 4: Rep Building Weeks 7–8

Turn one rep into more with singles, ladders and clusters.

This week: Clusters, a light session and the final test.

Your 3 workouts this week

WORKOUT 22

CLUSTERS

35 min · 13 exercises · Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

- Strict pull-up clusters #15
- Top-half pull-up #14
- Inverted (Australian) row #9
- Hanging knee raise #20

WORKOUT 23

LIGHT PRACTICE

25 min · 14 exercises · Pull-up bar · Resistance bands · Low bar or table · Mat

- Strict pull-up ladder #15
- Active hang #7
- Inverted (Australian) row #9
- Hollow body hold #18
- Arch (superman) hold #19

WORKOUT 24

FINAL TEST

25 min · 11 exercises · Pull-up bar · Resistance bands · Mat

- **Pull-up test**
- Band-assisted pull-up #13

Week 8 check-in

☐ WORKOUT 22

Date

Best result

☐ WORKOUT 23

Date

Best result

☐ WORKOUT 24

Date

Best result

Do them in order with a rest day in between (for example Mon / Wed / Fri). Every workout starts with the standard warm-up and ends with the standard cool-down.

CLUSTERS

35 min | Beginner+ | 13 exercises

Clusters are short sets with short breaks, so you get more good reps in. Today you build toward bigger sets with plenty of rest.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Box or chair · Mat

Follow along in my custom coaching app: **Open Workout 22 in the app**

WARM UP

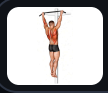
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

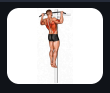
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Strict pull-up clusters (15 sec between reps in a cluster)	2 reps, 2 reps, 2 reps, 2 reps, 2 reps x5	2 min between	
Top-half pull-up	4 reps, 4 reps x2	2 min between	▶ #14
Inverted (Australian) row	12 reps, 12 reps, 12 reps x3	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hanging knee raise	10 reps, 10 reps, 10 reps x3	60 s between	

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Let go of the bar for the 15 seconds between reps, shake out your hands, then go again.

MAKE IT EASIER

Do 1 rep per cluster, or 1 rep + 1 negative.

MAKE IT HARDER

Do 3 reps per cluster.

LIGHT PRACTICE

25 min · Beginner+ · 14 exercises

A lighter session before test day. A few crisp ladders, easy hangs and core. Leave the session feeling fresh, not tired.

Equipment: Pull-up bar · Resistance bands · Low bar or table · Mat

Follow along in my custom coaching app: **Open Workout 23 in the app**

WARM UP

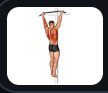
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

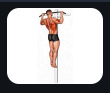
Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Strict pull-up ladder (light)	1 rep, 2 reps, 1 rep, 2 reps x4	90 s between	
Active hang	20 sec, 20 sec x2	90 s between	▶ #7
Inverted (Australian) row	10 reps, 10 reps x2	90 s between	▶ #9

CORE

EXERCISE	SETS	REST	VIDEO
Hollow body hold	30 sec, 30 sec x2	45 s between	▶ #18
Arch (superman) hold	20 sec, 20 sec x2	45 s between	▶ #19

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Keep it easy. Today is about feeling good on the bar, not pushing hard.

MAKE IT EASIER

Skip the ladder and do 3 singles.

MAKE IT HARDER

Keep it as written. Save your energy for test day.

FINAL TEST

25 min | Beginner+ | 11 exercises

Test day. Take the full Pull-Up Test, then look back at your week 1 numbers. Whether you got your first rep or you're a few negatives away, you're a lot stronger than you were eight weeks ago.

Equipment: Pull-up bar · Resistance bands · Mat

Follow along in my custom coaching app: **Open Workout 24 in the app**

WARM UP

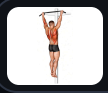
Arm circles
10 each way x1 · Ribs down, neck relaxed

▶ #2 **Band pull-aparts**
15 reps x1

Cat–cow
8 reps x1 · Hands under shoulders, knees under hips

Scapula push-ups
10 reps x1 · Elbows stay locked

▶ #5 **Wrist circles**
10 each way x1



Easy dead hang
15 sec x1 · Full grip, thumbs around the bar

MAIN PART

EXERCISE	SETS	REST	VIDEO
Pull-Up Test (see Section 3)	1 test round x1	–	–
Band-assisted pull-up (cool-down set)	6 reps x1	–	▶ #13

COOL-DOWN

Kneeling lat stretch
30 sec x1 · Sink your chest between your arms

Doorway chest stretch
30 sec each side x1 · Stand tall, ribs down

▶ #23 **Wrist & forearm stretch**
30 sec x1

COACH'S CUE

Look back at week 1. Be proud of every number that moved.

MAKE IT EASIER

If you're tired, split the test over two days.

MAKE IT HARDER

After the test, film a rep and tag me @chrismoufarej.

After week 8: from 1 rep to sets of 5–8

Once you have your first strict rep, keep training 3 times a week with this simple loop. Repeat it as long as it keeps working.

- **Workout 1: Volume.** 5 sets of about half your max (at least 1 rep), resting 2 minutes. Then 2 sets of 2 negatives.
- **Workout 2: Ladders.** 1 rep, 2 reps, 3 reps, then start again. Do 2–4 ladders, stopping each one before your form breaks. Then 3 sets of 8 band-assisted reps.
- **Workout 3: Clusters + rows.** 4–5 clusters of 2–3 reps (15 seconds between reps), then 3 sets of 12 inverted rows.

How to progress: when every set of a workout feels clean, add 1 rep to one set next time. Re-test your max every 2–3 weeks. Small, steady jumps are how 1 rep becomes 3, and 3 becomes 5–8.

Not there yet after week 8? Repeat weeks 5–6, then 7–8. Keep your negatives slow and your band getting lighter. You're closer than you think.

SECTION 7

THE 10 MOST COMMON MISTAKES

1. **Swinging or kipping.** Momentum hides weakness. Keep your legs together, in a slight hollow, and reset if you start to swing.
2. **Half reps.** Every rep starts from a full hang and finishes with your chin over the bar. Count only full reps.
3. **Starting with "dead" shoulders.** Switch your shoulders on (active hang) before every pull.
4. **Poking your chin forward** to reach the bar. Pull your chest toward the bar instead.
5. **Dropping down.** The lowering half builds strength too. Control it every time.
6. **Staying on the same band for too long.** When 3 sets of 8 feel solid, go lighter.
7. **Skipping rows.** Inverted rows build the back strength that makes pull-ups possible.
8. **Maxing out every session.** Test three times. Train with a rep or two left the rest of the time.
9. **Thumbs over the bar.** Wrap your thumbs for a stronger grip.
10. **Not resting enough.** Pulling strength needs full rest between sets and rest days between workouts.

SECTION 7

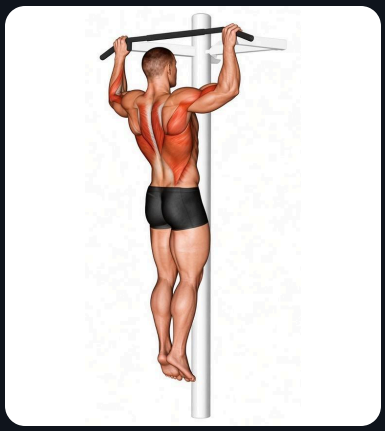
THE 3 BIG ONES

The three mistakes I see most at the bar, and the fix for each.

KIPPING

✕ **Wrong:** Swinging the legs to throw yourself up.

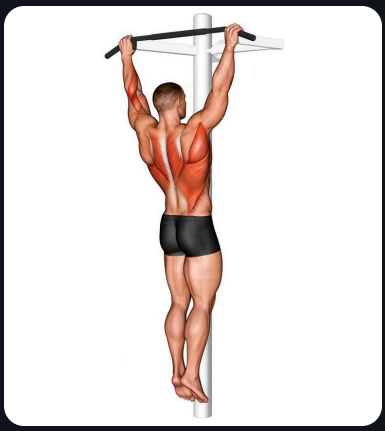
✓ **Right:** Legs together, body still: start every rep from a dead stop.



HALF REPS

✕ **Wrong:** Stopping with the chin under the bar or not straightening the arms.

✓ **Right:** Straight arms at the bottom, chin over the bar at the top.



SHRUGGED SHOULDERS

✕ **Wrong:** Shoulders up by the ears, hanging on the joints.

✓ **Right:** Pull the shoulders down and away from the ears before you pull.

IN THE APP

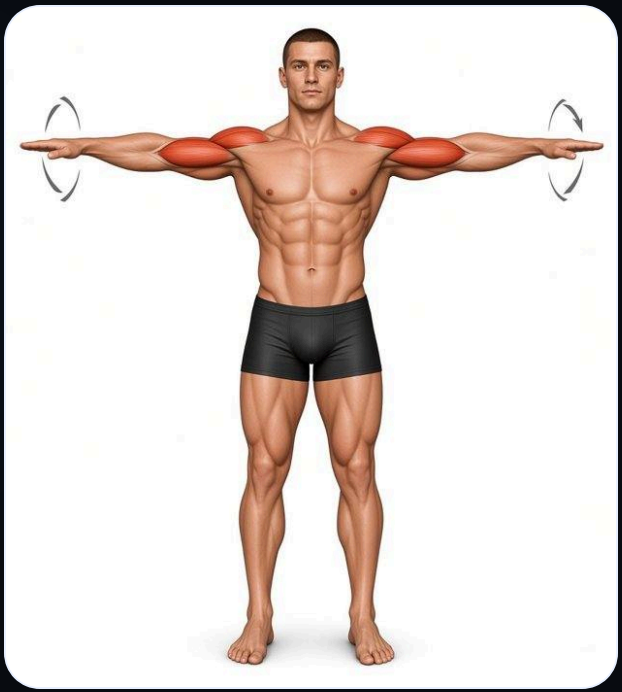
The demo videos of every drill are in my custom coaching app. **OPEN IN THE APP**

SECTION 8

EXERCISE LIBRARY

Every drill in the guide. Each one has a demo video of me doing it in my custom coaching app (or a clear illustration where there is no video), the steps, the mistakes I see most, and space for your notes.

#1 Arm circles
#2 Band pull-aparts
#3 Cat–cow
#4 Scapula push-ups
#5 Wrist circles
#6 Dead hang
#7 Active hang
#8 Scapular pulls (scap pull-ups)
#9 Inverted (Australian) row
#10 Flexed-arm hang (top hold)
#11 Jumping pull-up
#12 Negative (eccentric) pull-up
#13 Band-assisted pull-up
#14 Top-half pull-up
#15 Strict pull-up
#16 Chin-up (underhand grip)
#17 Forearm plank hold
#18 Hollow body hold
#19 Arch (superman) hold
#20 Hanging knee raise
#21 Kneeling lat stretch
#22 Doorway chest stretch
#23 Wrist & forearm stretch (fingers back)



#01
ARM CIRCLES

Mat

How to do it

1. Stand tall with your arms straight out to the sides.
2. Start with small circles and let them get bigger over a few reps.
3. Do 10 forward, then 10 backward, keeping your ribs down and your neck relaxed.

Common mistakes

- Shrugging your shoulders up to your ears the whole time.
- Arching your lower back to make the circles look bigger.

WHERE IT SHOWS UP

Every workout.

My notes

#02
BAND PULL-APARTS

Resistance bands

How to do it

1. Hold a light band in front of your chest with straight arms, hands shoulder-width apart, palms down.
2. Pull the band apart by squeezing your shoulder blades together until it touches your chest.
3. Control it back to the start. No band yet? Pull hard on a towel instead and hold the squeeze for 2 seconds.

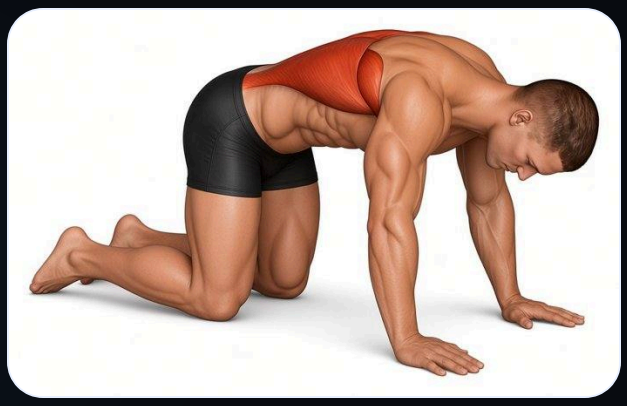
Common mistakes

- Bending your elbows to make it easier.
- Shrugging your shoulders up to your ears.
- Snapping the band back instead of controlling it.

WHERE IT SHOWS UP

Every workout.

My notes



#03
CAT–COW

Mat

How to do it

1. Start on hands and knees, hands under shoulders, knees under hips.
2. Breathe in and let your belly sink and your chest open (cow).
3. Breathe out, push the floor away and round your whole back toward the ceiling (cat).
4. Move slowly, one vertebra at a time, for 8 reps.

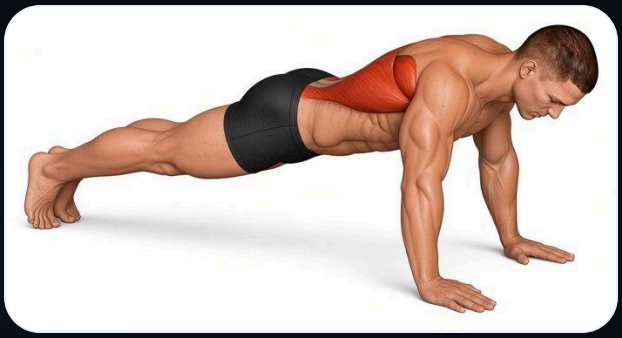
Common mistakes

- Only moving your neck and not your back.
- Rushing through it without breathing.

WHERE IT SHOWS UP

Every workout.

My notes



#04
SCAPULA PUSH-UPS

Mat

How to do it

1. Set up in a high plank, hands under your shoulders, arms straight.
2. Keeping your arms locked, let your chest sink so your shoulder blades come together.
3. Push the floor away until your upper back rounds slightly and your shoulder blades spread apart.
4. Pause for a second at the top, then repeat slowly.

Common mistakes

- Bending your elbows (this turns it into a mini push-up).
- Letting your hips sag.
- Bouncing through the reps too fast to feel your shoulder blades move.

WHERE IT SHOWS UP

Every workout.

My notes

#05
WRIST CIRCLES

Mat

How to do it

1. Interlace your fingers in front of your chest.
2. Draw slow, smooth circles with your wrists, keeping your elbows fairly still.
3. Do 10 circles one way, then 10 the other way.

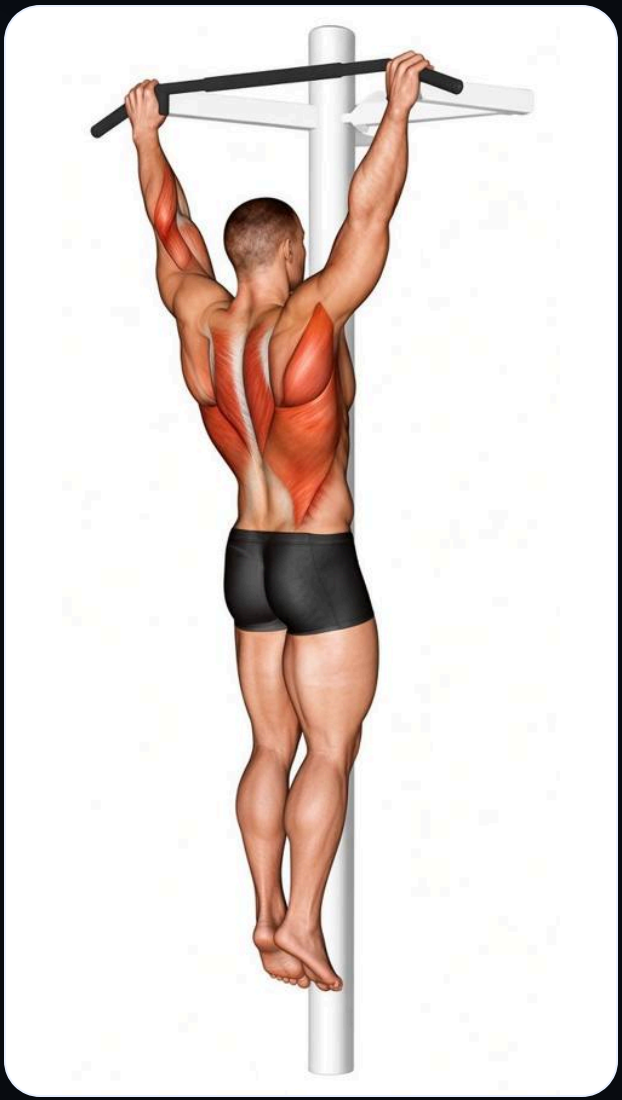
Common mistakes

- Spinning fast instead of moving through the full range.
- Moving the whole arm instead of the wrists.

WHERE IT SHOWS UP

Every workout.

My notes



#06
DEAD HANG

Builds grip strength and gets your shoulders and hands used to holding your full bodyweight.

Pull-up bar

How to do it

1. Grab the bar with an overhand grip, hands slightly wider than your shoulders, thumbs wrapped around the bar.
2. Step or jump off your support and let your arms straighten fully.
3. Keep your legs together and slightly in front of you, ribs tucked, and breathe.
4. Hold for the time given and step down with control.

Common mistakes

- Hands too wide or too narrow.
- Thumbs on top of the bar (a weaker grip).
- Swinging your legs.
- Dropping off the bar instead of stepping down.

WHERE IT SHOWS UP

Every workout.

My notes

#07
ACTIVE HANG

Teaches you to switch your shoulders "on" before every pull-up. This is the start position of every good rep.

Pull-up bar

How to do it

1. Start in a dead hang.
2. Keeping your arms straight, pull your shoulders down away from your ears and slightly back.
3. Your body rises a few centimetres and your chest lifts a little.
4. Hold that position for the time given, then relax back to a dead hang and step down.

Common mistakes

- Bending your elbows (the arms stay straight).
- Leaning way back instead of pulling your shoulders down.
- Holding your breath.

WHERE IT SHOWS UP

Workouts 3, 5, 8, 23.

My notes

#08

SCAPULAR PULLS (SCAP PULL-UPS)

The first part of every pull-up. Strong scap pulls make the start of the rep feel much easier.

Pull-up bar

How to do it

1. Start in a dead hang, arms straight.
2. Pull your shoulders down and back to lift your body a few centimetres (active hang).
3. Pause for 1 second at the top.
4. Lower back to a full dead hang with control. That's one rep.

Common mistakes

- Bending your elbows to "cheat" the lift.
- Using a leg swing.
- Rushing so you never feel the shoulder blades move.

WHERE IT SHOWS UP

Workouts 2, 3, 4, 6, 7, 11, 17.

My notes

#09
INVERTED (AUSTRALIAN) ROW

Builds the same pulling muscles as a pull-up while only lifting part of your bodyweight.

Low bar or table

How to do it

1. Set a bar at about hip height (a low bar, rings, a Smith machine or a very sturdy table edge).
2. Lie under it and grab it with an overhand grip, slightly wider than shoulders.
3. Make your body one straight line from head to heels (bend your knees to make it easier).
4. Pull your chest to the bar, squeezing your shoulder blades together, then lower with control.
5. The more upright your body, the easier. The lower the bar, the harder. Write down your set-up so you can track it.

Common mistakes

- Hips sagging.
- Pulling to your neck instead of your chest.
- Using a wobbly table or chair. Safety first.

WHERE IT SHOWS UP

Workouts 1, 2, 3, 4, 5, 6, 7, 9, 10, 12, 14, 16, 18, 19, 22, 23.

My notes

#10

FLEXED-ARM HANG (TOP HOLD)

Builds strength in the top position, which is the hardest part of the rep for most beginners.

Pull-up bar · Box or chair

How to do it

1. Stand on a box or chair under the bar.
2. Grab the bar and step or jump so your chin is above the bar, elbows tight to your sides.
3. Take your feet off the support, squeeze your shoulder blades down and hold.
4. When you start to sink, lower slowly or put your feet back on the support.

Common mistakes

- Chin hooked over the bar or neck straining forward.
- Shoulders shrugged up to your ears.
- Holding your breath.

WHERE IT SHOWS UP

Workouts 5, 8, 11, 14, 17, 20.

My notes

#11
JUMPING PULL-UP

Lets you practise the full movement with your legs helping, so you learn the path of the rep.

Pull-up bar · Box or chair

How to do it

1. Stand on a box or the floor so the bar is within reach with slightly bent arms.
2. Grab the bar, bend your knees, then jump and pull at the same time until your chin is over the bar.
3. Lower yourself as slowly as you can (aim for 3 seconds).
4. Reset your feet before the next rep. Use your legs as little as you need.

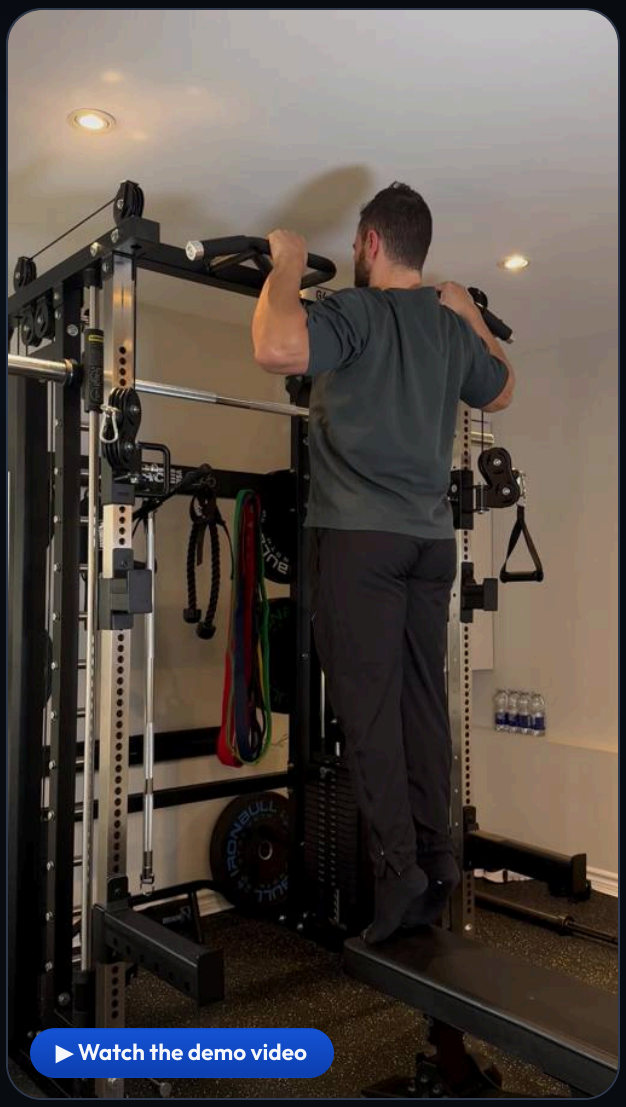
Common mistakes

- Jumping so hard your arms do nothing.
- Dropping down fast instead of lowering slowly.
- Landing with locked knees.

WHERE IT SHOWS UP

Workouts 6, 9, 12, 15.

My notes



#12

NEGATIVE (ECCENTRIC) PULL-UP

Your muscles are stronger lowering than lifting, so negatives build pull-up strength before you can do a full rep.

Pull-up bar · Box or chair

How to do it

1. Step or jump up to the top position: chin over the bar, elbows tight.
2. Take your feet off the support.
3. Lower yourself as slowly as you can, counting the seconds, all the way to a full hang.
4. Step back up (don't pull up) and repeat.

Common mistakes

- Dropping through the bottom half.
- Stopping halfway instead of finishing in a full hang.
- Letting your shoulders creep up to your ears at the bottom.

WHERE IT SHOWS UP

Workouts 8, 10, 13, 15, 16, 19, 21.

My notes

#13

BAND-ASSISTED PULL-UP

Lets you practise full pull-ups with less weight, so you can do clean reps and build volume.

Pull-up bar · Resistance bands

How to do it

1. Loop a resistance band around the bar and pull it through itself so it's secure.
2. Put one foot (or one knee) in the band and grab the bar.
3. Start from an active hang, then pull until your chin clears the bar.
4. Lower to a full hang with control.
5. Pick a band where you can do 5–8 good reps. When 3 sets of 8 feel solid, switch to a lighter band.

Common mistakes

- Using a band so strong that the band does the work.
- Half reps (not reaching a full hang).
- Bouncing out of the bottom using the band's stretch.
- Not checking the band for nicks or tears before using it.

WHERE IT SHOWS UP

Workouts 7, 9, 10, 11, 13, 15, 17, 20, 21, 24.

My notes

#14

TOP-HALF PULL-UP

Builds strength through the top half of the rep, where most beginners get stuck.

Pull-up bar · Box or chair

How to do it

1. Step or jump up to the top position.
2. Lower slowly until your elbows are at about 90°.
3. Pull yourself back up until your chin is over the bar.
4. Repeat for the reps given, then lower all the way down slowly.

Common mistakes

- Going too low and losing tension.
- Kicking your legs to get back up.

WHERE IT SHOWS UP

Workouts 14, 18, 22.

My notes

#15
STRICT PULL-UP

The goal. A full rep from a dead hang to chin over the bar, with no swinging.

Pull-up bar

How to do it

1. Grab the bar overhand, slightly wider than your shoulders, thumbs around the bar.
2. Start from a full hang and switch on your shoulders (active hang).
3. Squeeze your legs together, keep a slight hollow body and pull your elbows down toward your back pockets.
4. Pull until your chin clears the bar.
5. Lower all the way to a full hang with control. That's one rep.

Common mistakes

- Kipping or swinging to get up.
- Half reps (not starting from a full hang, or chin not reaching the bar).
- Poking your chin forward to "reach" the bar.
- Dropping down instead of lowering.

WHERE IT SHOWS UP

Workouts 13, 16, 18, 19, 20, 22, 23.

My notes

#16

CHIN-UP (UNDERHAND GRIP)

Many people find their first rep comes a little sooner with palms facing them. A great variation to have.

Pull-up bar

How to do it

1. Grab the bar with your palms facing you, about shoulder-width apart.
2. Start from a full hang and switch on your shoulders.
3. Pull your chest toward the bar until your chin clears it.
4. Lower all the way down with control.

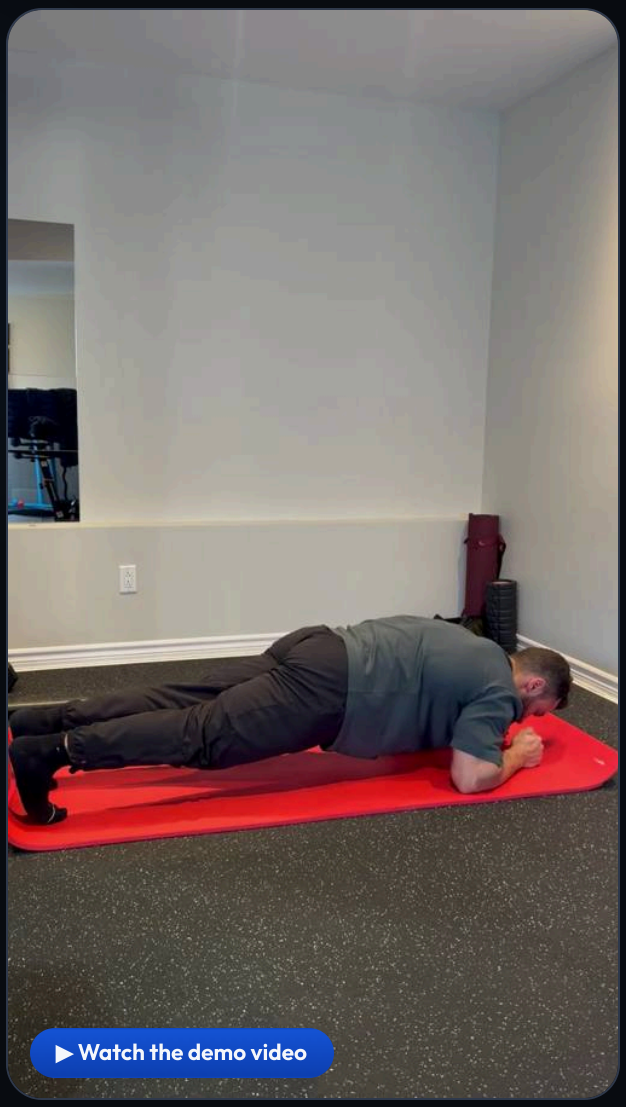
Common mistakes

- Hands too narrow (hard on the wrists and elbows).
- Same as pull-ups: swinging, half reps, dropping down.

WHERE IT SHOWS UP

Workouts 21.

My notes



#17
FOREARM PLANK HOLD

Mat

How to do it

1. Place your forearms on the floor, elbows under your shoulders, and step your feet back.
2. Squeeze your glutes, tuck your ribs and make one straight line from your head to your heels.
3. Push the floor away with your forearms so your upper back stays slightly rounded.
4. Breathe and hold for the time given.

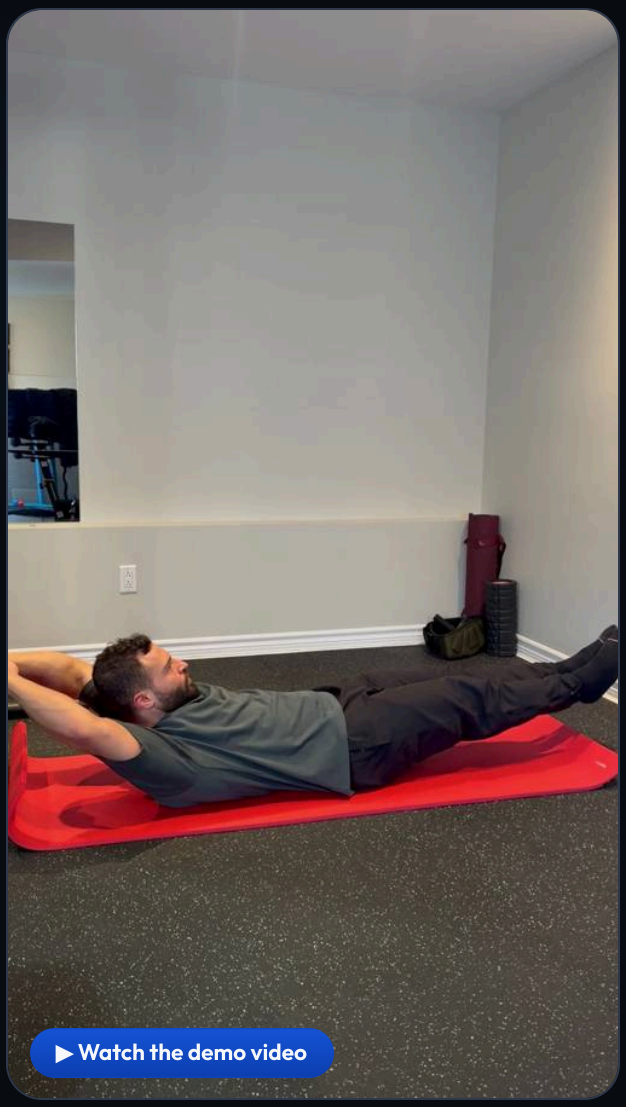
Common mistakes

- Hips sagging toward the floor.
- Hips piked up too high.
- Holding your breath.

WHERE IT SHOWS UP

Workouts 3, 9.

My notes



#18
HOLLOW BODY HOLD

Mat

How to do it

1. Lie on your back and press your lower back firmly into the floor.
2. Lift your head and shoulders slightly and bring your knees toward your chest (tuck version).
3. To progress, extend your legs to about 45°, then lower them closer to the floor, then reach your arms overhead.
4. Use the hardest version where your lower back stays glued to the floor, and hold.

Common mistakes

- Lower back peeling off the floor (go back to an easier version).
- Jamming your chin into your chest.
- Holding your breath.

WHERE IT SHOWS UP

Workouts 1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 16, 18, 19, 21, 23.

My notes

#19
ARCH (SUPERMAN) HOLD

Mat

How to do it

1. Lie face down with your arms reaching overhead.
2. Squeeze your glutes and lift your arms, chest and legs a few centimetres off the floor.
3. Keep your gaze on the floor just in front of you and hold.

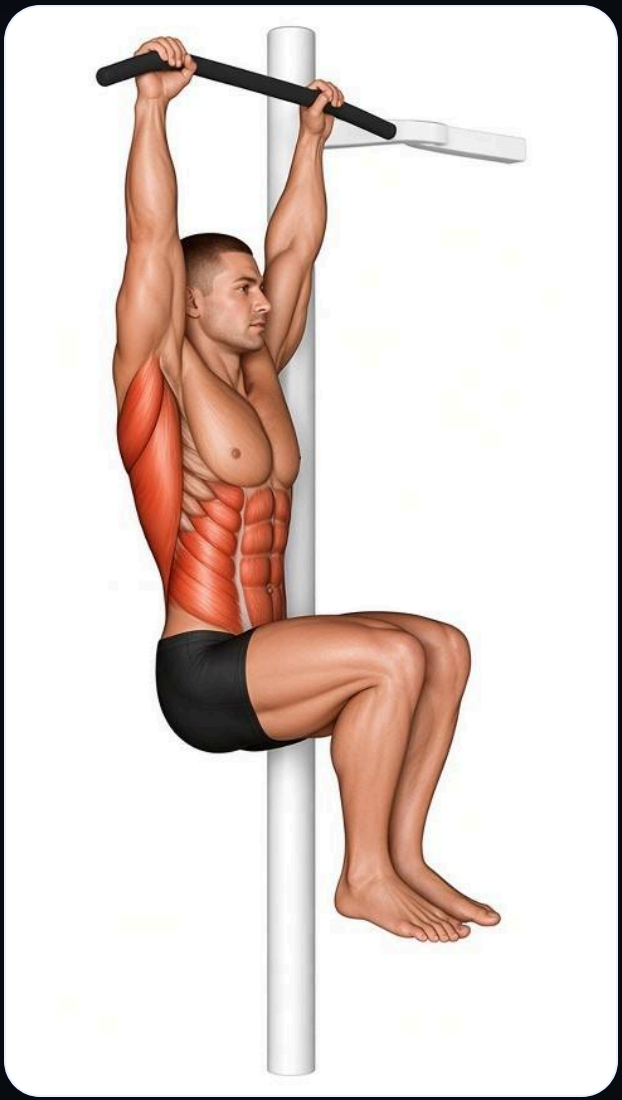
Common mistakes

- Cranking your neck back to look forward.
- Lifting as high as possible and pinching your lower back.

WHERE IT SHOWS UP

Workouts 2, 5, 8, 11, 15, 23.

My notes



#20
HANGING KNEE RAISE

Builds core control while hanging, so your body stays still during pull-ups.

Pull-up bar

How to do it

1. Hang from the bar in an active hang.
2. Without swinging, bring your knees up toward your chest.
3. Pause briefly, then lower your legs slowly.
4. Reset if you start swinging.

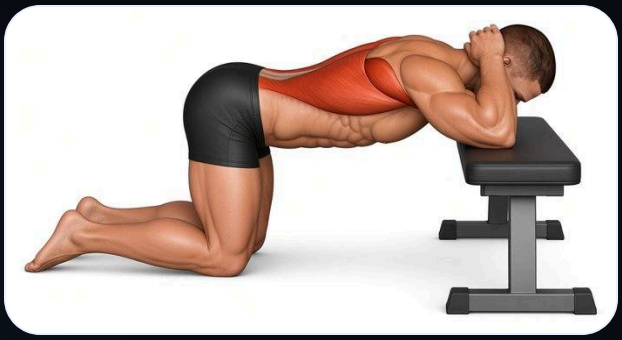
Common mistakes

- Swinging your whole body.
- Dropping your legs quickly.
- Letting your shoulders fully relax mid-set.

WHERE IT SHOWS UP

Workouts 13, 15, 17, 20, 22.

My notes



#21
KNEELING LAT STRETCH

Mat

How to do it

1. Kneel in front of a couch, chair or bench.
2. Place your forearms or hands on it and sit your hips back.
3. Let your chest sink toward the floor until you feel a stretch down the sides of your back.
4. Hold for 30 seconds. Shift a little to each side to feel each lat.

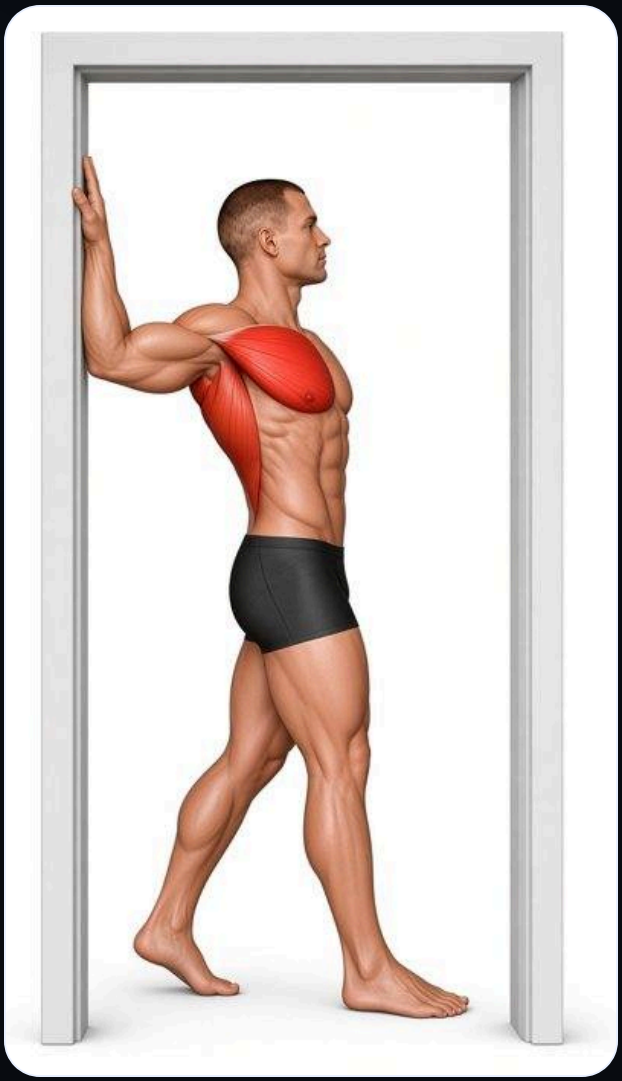
Common mistakes

- Arching your lower back instead of stretching your armpits.
- Holding your breath.

WHERE IT SHOWS UP

Every workout.

My notes



#22
DOORWAY CHEST STRETCH

Mat

How to do it

1. Stand in a doorway and place your forearm on the frame, elbow at shoulder height.
2. Step forward gently until you feel a stretch across your chest and the front of your shoulder.
3. Hold for 30 seconds, then switch sides.

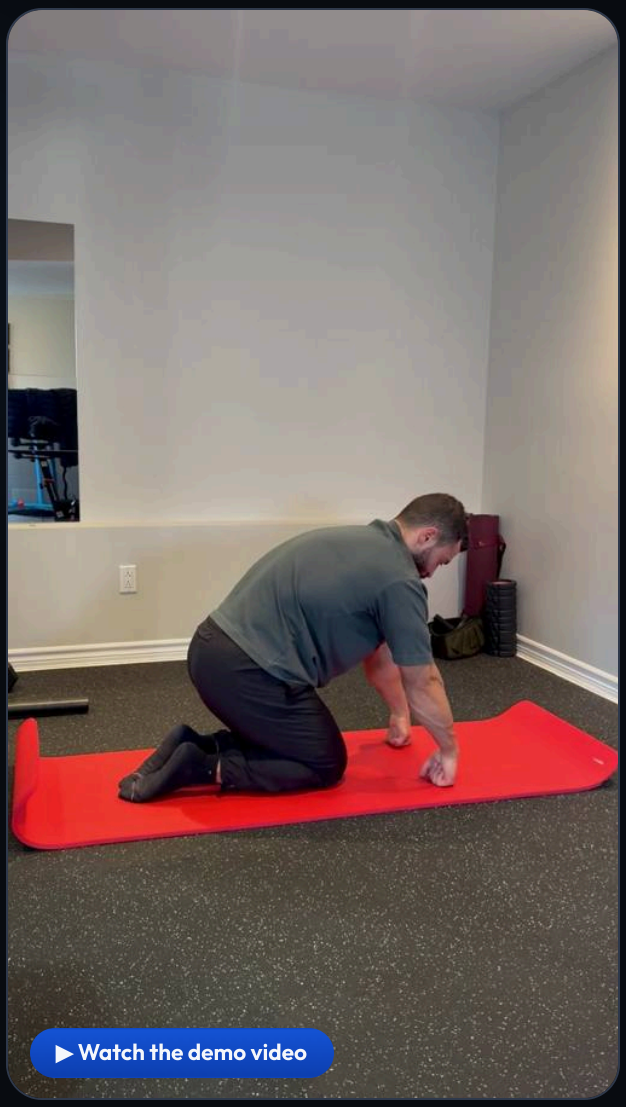
Common mistakes

- Stepping too far and straining the shoulder.
- Letting your shoulder roll forward.

WHERE IT SHOWS UP

Every workout.

My notes



#23

WRIST & FOREARM STRETCH (FINGERS BACK)

Mat

How to do it

1. Kneel and place your palms on the floor with your fingers pointing back toward your knees.
2. Keep your palms flat and gently shift your weight back until you feel a stretch in your forearms.
3. Breathe and hold for 30 seconds. Stay gentle.

Common mistakes

- Leaning into it hard enough to hurt.
- Letting your palms lift off the floor.

WHERE IT SHOWS UP

Every workout.

My notes

SECTION 9

TRACKING & FAQ

Pull-Up Test log

TEST	WEEK 1	WEEK 4	WEEK 8
1. Dead hang (s)			
2. Scapular pulls (reps)			
3. Inverted row (reps + set-up)			
4. Flexed-arm hang (s)			
5. Negative (s to lower)			
6. Strict pull-ups (reps)			

My band colours: light = _____ · medium = _____ · heavy = _____

Weekly tracking table (print one per week)

Week: ____

WORKOUT	DATE	DONE? (✓)	KEY DRILL + BEST RESULT (E.G. "NEGATIVE 5 S" OR "BAND: MEDIUM, 6 REPS")	ELBOWS/SHOULDERS (1–5, 5 = GREAT)	ENERGY (1–5)	NOTES
Workout 1						
Workout 2						
Workout 3						

This week's win: _____

Next week I'll focus on: _____

FAQ

I don't have a pull-up bar. Can I still do this?
You'll need one from week 1. A doorway bar is the simplest home option (follow the fitting instructions carefully), or use a park or gym. For rows, a low bar, rings or a Smith machine all work.

How long will it take to get my first pull-up?
It really depends on your starting strength, your bodyweight and how consistent you are. Some people get it within the 8 weeks, some need longer. Follow the plan, track your tests, and watch the numbers move. Every improvement in your negatives and hangs is a step closer.

My elbows or forearms are sore.
Some muscle soreness in your forearms is normal at the start. Joint pain isn't. Take an extra rest day, try a neutral or chin-up grip, use a stronger band, and cut the reps for a week. If it's sharp, lasts after training, or keeps getting worse, stop and get it checked by a healthcare professional.

Can I train more than 3 times a week?
Stick to 3 workouts for this plan. Pulling muscles and tendons need recovery days to adapt. On off days, a couple of easy dead hangs and some walking are fine.

Should I do this alongside my other workouts?
Yes. Just do your pull-up workout first while you're fresh, and avoid heavy back or biceps work the day before.

I missed a workout (or a week). Do I start over?
No. Missed one workout? Pick up where you left off. Missed a week or more? Repeat the last week you finished, then keep going.

I got my first rep early. What now?
Amazing. Keep following the plan: wherever it says "attempt," do a clean single instead. Then use the "after week 8" plan when you finish.

SECTION 10 · WANT TO GO FURTHER?

YOUR NEXT SKILL

I hope this guide gets you your first pull-up. Film it and tag me **@chrismoufarej**, I'd love to see it.

NEXT PROGRAM · FROM FLOOR TO HANDSTAND

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Thanks for training with me. See you on the bar. **Chris**

This guide is general fitness guidance and isn't a substitute for medical advice. Train within your limits and stop if you feel pain. © 2026 Chris Moufarej.
This guide is free: share it with a friend who's chasing their first pull-up.