

31

DAY PLAN TO MORE PULLUPS

MON

TUE

WED

THU

FRI

SAT

SUN

1

Pullups:
10 total reps
Lat Pulldowns:
3 sets x
8 reps
Planks:
3 sets x 10–15
seconds

2

**Pullup
Ladder:**
5 minutes 1,2,3
reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
3 sets x
8 reps/side
Planks:
3 sets x 10–15
seconds

3

REST

4

Pullups:
12 total reps
Lat Pulldowns:
3 sets x
10 reps
Planks:
3 sets x 15–20
seconds

5

**Pullup
Ladder:**
5 minutes 30
seconds, 1,2,3
reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
3 sets x
10 reps/side
Planks:
3 sets x 15–20
seconds

6

REST

7

Pullups:
14 total reps
Lat Pulldown:
3 sets x
12 reps
Planks:
3 sets x 20–25
seconds

8

**Pullup
Ladder:**
6 minutes 1,2,3
reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
3 sets x
12 reps/side
Planks:
3 sets x 20–25
seconds

9

REST

10

Pullups:
16 total reps
Lat Pulldowns:
4 sets x
8 reps
Planks:
3 sets x 25–30
seconds

11

**Pullup
Ladder:**
6 minutes
30 seconds
1,2,3 reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
4 sets x
8 reps/side
Planks:
3 sets x 25–30
seconds

12

REST

13

Pullups:
18 total reps
Lat Pulldowns:
4 sets x
10 reps
Planks:
4 sets x 15–20
seconds

14

**Pullup
Ladder:**
7 minutes
1,2,3 reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
4 sets x
10 reps/side
Planks:
4 sets x 15–20
seconds

15

REST

16

Pullups:
20 total reps
Lat Pulldowns:
4 sets x
12 reps
Planks:
4 sets x 20–25
seconds

17

**Pullup
Ladder:**
5 minutes
2,3,4 reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
4 sets x
12 reps/side
Planks:
4 sets x 20–25
seconds

18

REST

19

Pullups:
22 total reps
Lat Pulldowns:
5 sets x
8 reps
Planks:
4 sets x 25–30
seconds

20

**Pullup
Ladder:**
5 minutes
30 seconds
2,3,4 reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
5 sets x
8 reps/side
Planks:
4 sets x 25–30
seconds

21

REST

22

Pullups:
24 total reps
Lat Pulldowns:
5 sets x
10 reps
Planks:
5 sets x 10–20
seconds

23

**Pullup
Ladder:**
6 minutes
2,3,4 reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
5 sets x
10 reps/side
Planks:
5 sets x 15–20
seconds

24

REST

25

Pullups:
26 total reps
Lat Pulldowns:
5 sets x
12 reps
Planks:
5 sets x 20–25
seconds

26

**Pullup
Ladder:**
6 minutes
30 seconds
2,3,4 reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
5 sets x
12 reps/side
Planks:
5 sets x 20–25
seconds

27

REST

28

Pullups:
20 total reps
Lat Pulldowns:
3 sets x
10 reps
Planks:
3 sets x 20–25
seconds

29

**Pullup
Ladder:**
4 minutes
2,3,4 reps, Walk
20 yards
as rest
**Single-Arm
Rows:**
2 sets x
8 reps/side
Planks:
2 sets x 15–20
seconds

30

REST

31

Pullup Test:
See how many
pullups you can
do in one set!