

# 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!