

30 Day Pull Up Challenge

Goal (how many pull ups you want to be able to do by the end of the challenge): ...

1st cycle	Day 1	Pyramid workout with at least (goal x 2) reps (Use the most comfortable hand position)	
	Day 2	3x(sub-max) body rows (Use the most comfortable hand position)	
	Day 3	3x(sub-max) body rows. (Use a rope/towel/fat bar for the pull ups.)	
	Day 4	Body rows GTG workout: 3x reps of your goal (Use the most comfortable hand position)	
	Day 5	ACTIVE RECOVERY	
2nd cycle	Day 6	vertical pulling GTG workout: 3x reps of your goal (Use the close grip position)	
	Day 7	3x(sub-max) vertical pulling (Use a rope/towel/fat bar for the body rows)	
	Day 8	Vertical pulling GTG workout: 1x reps of your goal (Use the most comfortable hand position) Fragmented pull ups	

	Day 9	3x(sub-max) seconds active hang	
	Day 10	ACTIVE RECOVERY	
3rd cycle	Day 11	Horizontal pulling GTG workout: 4x reps of your goal	
	Day 12	3x(sub-max) body rows. (Use a rope/towel/fat bar for the pull ups.)	
	Day 13	3x(sub-max) seconds fat grip passive hang	
	Day 14	Vertical pulling GTG workout: 4x reps of your goal (Use a close grip position)	
	Day 15	ACTIVE RECOVERY	
4th cycle	Day 16	3x AFAP WORKOUT (VERTICAL PULLING): max rep goal (Use a grip of your choice as long as it's not the most comfortable one)	
	Day 17	Vertical pulling GTG workout: 2x reps of your goal (Use an underhand/overhand grip position)	

	Day 18	3x(sub-max) seconds fat grip passive hang	
	Day 19	AMRAP body rows in 20 minutes (wide grip).	
	Day 20	ACTIVE RECOVERY	
5th cycle	Day 21	Vertical pulling GTG workout: 4x reps of your goal (Use a wide grip position)	
	Day 22	Horizontal pulling GTG workout: 5x reps of your goal (Use a close grip position.)	
	Day 23	Vertical pulling GTG workout: 4x reps of your goal (Use an underhand grip position)	
	Day 24	Vertical pulling GTG workout: 5x reps of your goal (Use an overhand grip position.)	
	Day 25	ACTIVE RECOVERY	
6th cycle	Day 26	Vertical pulling GTG workout: 2x reps of your goal (Use the most comfortable hand position)	

		Fragmented Pull ups	
	Day 27	3x(8-12) plyometric body rows	
	Day 28	Vertical pulling GTG workout: 2x reps of your goal (Use a towel/rope for the pull ups)	
	Day 29	Vertical pulling GTG workout: 6x reps of your goal (Use the grip that you are the strongest at)	
	Day 30	ACTIVE RECOVERY	