Level 4: Amateu						ateur	
Week 1 Week 2							
Type : Rest	Day 1	Day 2	Day 3	Type : Rest	Day 1	Day 2	Day 3
Pull ups : 90	7	8	7	Pull ups : 90	9 8		9
Chin Ups : 90	8	8	8	Chin Ups : 90	8	9	9
Pull Ups : 90	7	7	8	Pull Ups : 90	7	8	8
Chin Ups : 90	5	7	7	Chin Ups : 90	6	7	6
Pull Ups	5	4	5	Pull Ups 6 5			
Week 3				Week 4			
Pull ups : 90	10	9	9	Pull ups : 90	10	10	10
Chin Ups : 90	8	10	10	Chin Ups : 90	9	10	10
Pull Ups : 90	7	8	9	Pull Ups : 90	9	9	9
Chin Ups : 90	6	7	7	Chin Ups : 90	7	7	8
Pull Ups	6	5	6	Pull Ups	I Ups 6 5		6
Week 5							
Pull ups : 90	10	10	10				
Chin Ups : 90	10	10	9				
Pull Ups : 90	9	9	10				
Chin Ups : 90	9	9	9				
Pull Ups	8	9	9				
Amotour Toot: After a full dayle rest from Week 5 Day 2 re							

Amateur Test: After a full day's rest from Week 5 Day 3, retake the max pull-up test; you should be able to well over 15, most folks at this point can knock out over 20!

					Le	vel 5	: Pro	
Week 1				Week 2				
Type : Rest	Day 1	Day 2	Day 3	Type : Rest	e : Rest Day Day 1 2		Day 3	
Pull ups : 90	12	12	13	Pull ups : 90	s:90 15 15		14	
Chin Ups : 90	10	10	10	Chin Ups : 90 11 12		12	13	
Pull Ups : 90	9	10	10	Pull Ups : 90 10 11		11	12	
Chin Ups : 90	9	9	9	Chin Ups : 90	9	9	11	
Pull Ups	8	9	8	Pull Ups 8 8		8	9	
Week 3				Week 4				
Pull ups : 90	15	15	14	Pull ups : 90	17	14	19	
Chin Ups : 90	14	14	14	Chin Ups : 90	10	19	13	
Pull Ups : 90	10	11	14	Pull Ups : 90	16	11	14	
Chin Ups : 90	: 90 12 13 12 Chin Ups : 90		10	13	13			
Pull Ups	10	10	11	Pull Ups	14 9		11	
Week 5				Week 6				
Pull ups : 90	22	24	26	Pull ups : 90	30 33		35	
Chin Ups : 90	13	10	10	Chin Ups: 90	15	16	10	
Pull Ups : 90	11	11	11	Pull Ups : 90	10	11	11	
Chin Ups : 90	10	13	10	Chin Ups : 90	15	13	10	
Pull Ups	max	max	max	Pull Ups	max	max	max	
Week 7								
Pull ups : 90	30	34	35					
Stretch								
Chin Ups : 90	22	20	24					
Stretch								
Pull Ups	max	max	max					

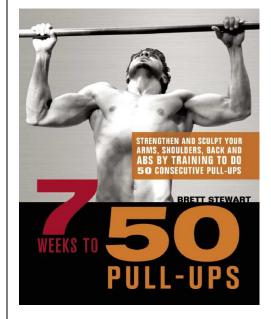
Fifty Pull Up Test: This is the big kahuna - it's what you trained for for several weeks. Make sure to take at least 3 full days of rest and light stretching to prepare. Some athletes take 3-5 days off and do a few easy sets the 3rd "rest" day to keep loose.

Mentally prepare for success; visualize yourself knocking out effortless rep after rep. Hydrate, warm up, stretch, focus and ROCK THE TEST!

Don't get discouraged if you don't hit 50 in the first attempt, it's an audaciously high target!

- If you get over 45, you should take 2-3 full days rest and try the test again when you're fully prepared.
- If you did less than 45 you should repeat week 7 until the max number in set 3 is even with the first set of reps. Then rest and take the test again!.
- If you hit 50 (or more!) you are an ANIMAL! Congratulations on all your hard work and your awesome achievement!

Pocket Companion to



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consecutive pull ups! If you struggle with 10, repeat week 4 and the max pull-up test; you should be able to do up to 14 (or more)

Varsity Test: After a full day's rest from Week 5 Day 3, re-take the mask pull-up test: you should be able to do up to 14 for more).									
					Þ	3	₽biW		
				9	9	L	Ob: sqU nidO		
				9	L	L	Neutral: 90		
				L	9	9	Ob : eqU nidO		
				L	9	9	06 : sdu Ilu9		
				Week 5					
3	3	3	€biW	2	2	3	€biW		
9	9	9	06 : aqU nidO	9	Þ	Þ	Ob : eqU nidO		
9	L	9	Neutral: 90	9	9	9	Neutral: 90		
L	9	9	06 : aqU nidO	9	9	9	06 : aqU nidO		
9	9	9	06 : sdn Ilu9	9	9	9	06 : sdn Ilu9		
Week ⁴					Week 3				
Þ	Þ	3	Pull Ups	2	2	2	Pull Ups		
9	Þ	Þ	06 : aqU nidO	3	3	3	09 : aqU nidO		
Þ	9	Þ	Neutral: 90	3	3	2	Neutral: 60		
9	Þ	9	06 : aqU nidO	Þ	Þ	3	Ob : eqU nidO		
Þ	9	Þ	06 : squ Ilu9	Þ	3	3	Pull ups : 60		
3 2	S Day	J J	Type : Rest	3 Озу	Day	J J	Type : Rest		
			Week 2	Week 1					
Level 3: Varsity									

ups! If you struggle, repeat week 3 and add 1-2 reps of Pull Ups max bnll-up test; you should be able to do 6-9 consecutive pull JV Test: After a full day's rest from Week 3 Day 3, re-take the Power Hang: 60 Pull Ups: 60 09 : betsissA 81 Pull Ups: 60 лл бек 3 Negative (max hang) Power Hang: 60 09 : betsissA 15 13 9١ 09 : betsissA Pull Ups: 60 Week 2 Slow Descent (max) Power Hang: 60 71 ш 09 : betsissA 13 ΙI 09 : betsissA ゎし Pull Ups: 60 7 7 7 Бау 3 Дау 2 Day 1 Type : Rest Time Week 1

VL : S level

upsi It you struggle, repeat week 3 and add 1-2 reps of Assisted max pull-up test; you should be able to do 3-5 consecutive pull Prep Test: After a full day's rest from Week 3 Day 3, re-take the Negative (max hang) 06 : nsilsntsuA 08 : betsissA Australian: 60 09 : betsissA less assistance until you teel more comfortable. you find yourself struggling, go back to week 2 and work on using too much. You should be lifting at least half your bodyweight. If Week 3: Note: Make sure the "assisted" aspect isn't helping out Negative (max hang) Australian: 30 09 : betsissA Australian: 60 09 : betsissA Week 2 Negative (max hang) Negative: 30 09: betsissA 09 : betsissA 09: betsissA Дау 2 Day 1 Бау 3 Type: Rest Time yourseit as slow as possible. Week 1: Max hang refers to holding the up position and lowering

Level 1: Prep

and Australian Pull Ups per set.

Pro Varsity Λ٢ Prep 9 3 7 Your New Program Level tl-01 +91 6-9 2-0 Number of Reps Completed Initial Test: The road to fifty pull-ups

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