

Level 4: Amateur

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	6
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	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				

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

Level 5: Pro

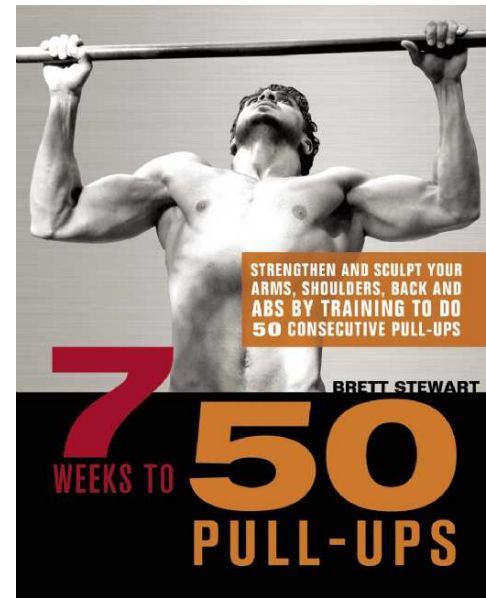
Week 1				Week 2			
Type : Rest	Day 1	Day 2	Day 3	Type : Rest	Day 1	Day 2	Day 3
Pull ups : 90	12	12	13	Pull ups : 90	15	15	14
Chin Ups : 90	10	10	10	Chin Ups : 90	11	12	13
Pull Ups : 90	9	10	10	Pull Ups : 90	10	11	12
Chin Ups : 90	9	9	9	Chin Ups : 90	9	9	11
Pull Ups	8	9	8	Pull Ups	8	8	9
Week 3				Week 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	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



www.fiftypullups.com

Level 3: Varsity				Level 2: JV			
Week 2				Week 1			
Type : Rest	Day 1	Day 2	Day 3	Type : Rest	Day 1	Day 2	Day 3
Pull ups : 90	4	5	4	Pull Ups : 90	3	4	4
Chin Ups : 90	4	5	4	Chin Ups : 90	3	4	4
Neutral : 90	4	5	4	Neutral : 90	3	4	4
Pull Ups : 90	4	5	4	Pull Ups : 90	3	4	4
Chin Ups : 90	4	5	4	Chin Ups : 90	3	4	4
Pull Ups	3	3	3	Pull Ups	2	2	2
Week 3				Week 4			
Pull ups : 90	5	5	5	Pull Ups : 90	5	6	7
Chin Ups : 90	6	6	6	Chin Ups : 90	6	6	7
Neutral : 90	5	5	6	Neutral : 90	7	7	6
Pull Ups : 90	5	5	6	Pull Ups : 90	7	7	6
Chin Ups : 90	5	5	6	Chin Ups : 90	6	6	6
Pull Ups	4	4	4	Pull Ups	4	4	4
Week 5				Wide			
Pull ups : 90	2	2	2	Pull Ups : 90	3	4	4
Chin Ups : 90	2	2	2	Chin Ups : 90	4	4	5
Neutral : 90	2	2	2	Neutral : 90	5	5	6
Pull Ups : 90	2	2	2	Pull Ups : 90	6	6	7
Chin Ups : 90	2	2	2	Chin Ups : 90	6	6	7
Pull Ups	3	3	3	Pull Ups	6	6	6

Level 2: JV				Wide			
Type : Rest Time	Day 1	Day 2	Day 3	Type : Rest Time	Day 1	Day 2	Day 3
Pull Ups : 60	2	2	2	Pull Ups : 60	3	3	3
Assisted : 60	2	2	2	Assisted : 60	3	3	3
Assisted : 60	11	13	14	Assisted : 60	5	5	5
Power Hang : 60	1	1	1	Power Hang : 60	6	6	6
Slow Descent (max)	1	1	1	Slow Descent (max)	6	6	6
Pull Ups : 60	2	2	2	Pull Ups : 60	6	6	6
Assisted : 60	2	2	2	Assisted : 60	6	6	6
Assisted : 60	10	10	12	Assisted : 60	6	6	6
Power Hang : 60	1	1	1	Power Hang : 60	6	6	6
Slow Descent (max)	1	1	1	Slow Descent (max)	6	6	6
Pull Ups : 60	2	2	2	Pull Ups : 60	6	6	6
Assisted : 60	2	2	2	Assisted : 60	6	6	6
Assisted : 60	11	11	12	Assisted : 60	6	6	6
Power Hang : 60	1	1	1	Power Hang : 60	6	6	6
Slow Descent (max)	1	1	1	Slow Descent (max)	6	6	6
Pull Ups : 60	2	2	2	Pull Ups : 60	6	6	6
Assisted : 60	2	2	2	Assisted : 60	6	6	6
Assisted : 60	10	10	12	Assisted : 60	6	6	6
Power Hang : 60	1	1	1	Power Hang : 60	6	6	6
Slow Descent (max)	1	1	1	Slow Descent (max)	6	6	6
Pull Ups : 60	2	2	2	Pull Ups : 60	6	6	6
Assisted : 60	2	2	2	Assisted : 60	6	6	6
Assisted : 60	11	11	12	Assisted : 60	6	6	6
Power Hang : 60	1	1	1	Power Hang : 60	6	6	6
Slow Descent (max)	1	1	1	Slow Descent (max)	6	6	6
Pull Ups : 60	2	2	2	Pull Ups : 60	6	6	6
Assisted : 60	2	2	2	Assisted : 60	6	6	6
Assisted : 60	11	11	12	Assisted : 60	6	6	6
Power Hang : 60	1	1	1	Power Hang : 60	6	6	6
Slow Descent (max)	1	1	1	Slow Descent (max)	6	6	6

Level 1: Prep				Wide			
Type : Rest Time	Day 1	Day 2	Day 3	Type : Rest Time	Day 1	Day 2	Day 3
Pull Ups : 60	3	3	3	Pull Ups : 60	4	4	4
Assisted : 60	3	3	3	Assisted : 60	4	4	4
Assisted : 60	4	4	4	Assisted : 60	4	4	4
Power Hang : 60	1	1	1	Power Hang : 60	4	4	4
Slow Descent (max)	1	1	1	Slow Descent (max)	4	4	4
Pull Ups : 60	3	3	3	Pull Ups : 60	4	4	4
Assisted : 60	3	3	3	Assisted : 60	4	4	4
Assisted : 60	4	4	4	Assisted : 60	4	4	4
Power Hang : 60	1	1	1	Power Hang : 60	4	4	4
Slow Descent (max)	1	1	1	Slow Descent (max)	4	4	4
Pull Ups : 60	3	3	3	Pull Ups : 60	4	4	4
Assisted : 60	3	3	3	Assisted : 60	4	4	4
Assisted : 60	4	4	4	Assisted : 60	4	4	4
Power Hang : 60	1	1	1	Power Hang : 60	4	4	4
Slow Descent (max)	1	1	1	Slow Descent (max)	4	4	4
Pull Ups : 60	3	3	3	Pull Ups : 60	4	4	4
Assisted : 60	3	3	3	Assisted : 60	4	4	4
Assisted : 60	4	4	4	Assisted : 60	4	4	4
Power Hang : 60	1	1	1	Power Hang : 60	4	4	4
Slow Descent (max)	1	1	1	Slow Descent (max)	4	4	4
Pull Ups : 60	3	3	3	Pull Ups : 60	4	4	4
Assisted : 60	3	3	3	Assisted : 60	4	4	4
Assisted : 60	4	4	4	Assisted : 60	4	4	4
Power Hang : 60	1	1	1	Power Hang : 60	4	4	4
Slow Descent (max)	1	1	1	Slow Descent (max)	4	4	4

Your New Program Level				
Prep	JV	Varsity	Amateur	Pro
1	2	3	4	5
0-2	3-4	6-9	10-14	15+
Number of Reps Completed				
Initial Test: The road to fifty pull-ups				