

Pull-Up Program				
Day	Exercise	Sets	Reps	Time
1	Pull-Up Ladder	3	5, 4, 3, 2, 1	4:00
2	Pull-Up Ladder	2		
3	Pull-Up Ladder	3	5, 4, 3, 2, 1	4:00
4	REST			
5	Pull-Up Ladder	2	5, 4, 3, 2, 1	4:00
6	Pull-Up Ladder	3	5, 4, 3, 2, 1	4:00
7	REST			
8	Pull-Up Ladder	4	5, 4, 3, 2, 1	4:00
9	Pull-Up Ladder	3	5, 4, 3, 2, 1	
10	Pull-Up Ladder	2	5, 4, 3, 2, 1	4:00
11	REST			
12	Pull-Up Ladder	3	5, 4, 3, 2, 1	4:00
13	Pull-Up Ladder	2	5, 4, 3, 2, 1	4:00
14	REST			
15	Pull-Up Ladder	4	5, 4, 3, 2, 1	4:00
16	Pull-Up Ladder	3	5, 4, 3, 2, 1	
17	Pull-Up Ladder	2	5, 4, 3, 2, 1	4:00
18	REST			
19	Pull-Up Ladder	3	5, 4, 3, 2, 1	4:00
20	Pull-Up Ladder	2	5, 4, 3, 2, 1	4:00
21	REST			
22	Pull-Up Ladder	3	6, 5, 4, 3, 2, 1	4:00
23	Pull-Up Ladder	2	6, 5, 4, 3, 2, 1	
24	Pull-Up Ladder	3	6, 5, 4, 3, 2, 1	4:00
25	REST			
26	Pull-Up Ladder	2	6, 5, 4, 3, 2, 1	4:00
27	Pull-Up Ladder	3	6, 5, 4, 3, 2, 1	4:00
28	REST			
29	Pull-Up Ladder	4	6, 5, 4, 3, 2, 1	4:00
30	Pull-Up Ladder	3	6, 5, 4, 3, 2, 1	
31	Pull-Up Ladder	2	6, 5, 4, 3, 2, 1	4:00
32	REST			
33	Pull-Up Ladder	3	6, 5, 4, 3, 2, 1	4:00
34	Pull-Up Ladder	2	6, 5, 4, 3, 2, 1	4:00
35	REST			
36	Pull-Up Ladder	4	6, 5, 4, 3, 2, 1	4:00
37	Pull-Up Ladder	3	6, 5, 4, 3, 2, 1	
38	Pull-Up Ladder	2	6, 5, 4, 3, 2, 1	4:00
39	REST			
40	Pull-Up Ladder	3	6, 5, 4, 3, 2, 1	4:00
41	REST			
42	Pull-Up Test	1	Failure	

For this program, the 4:00 block is the time you have to complete 1 ladder set, so if you have 3 sets, you will repeat your 4:00 timer 3x. Give yourself ample rest between your reps and make sure you are doing a strict Pull-Up each time. Your rest between sets is the time remaining in the 4:00 block.