

# Increasing Pull ups - 30 Day Program

Day 1 Test maximum reps

Next 7 days pull ups 3 times a day starting at 4 (or less) reps each time. Increase by 1 rep each day.

Day	2	3	4	5	6	7	8
AM							
Midday							
PM							

Days 9, 10, 11 rest no pull ups! Day 12 test maximum reps

Next 7 days pull ups 2 times a day starting at 6 (or less) reps each time. Increase by 1 rep each day.

Day	13	14	15	16	17	18	19
AM							
PM							

Days 20, 21, 22 rest no pull ups! Day 23 test maximum reps

Next 7 days pull ups once a day starting at 8 (or less) reps, increasing by 1 rep each day.

Day	24	25	26	27	28	29	30

Rest next 3 days no pull ups! Then test yourself

This is your maximum! Go back to normal training with the 12BX Fitness Formula and try this program again in six months.