RankTime

FREE PRINTABLE · 5 PAGES

PULL-UP STANDARDS · TEST · PLAN

How Many Pull-Ups?

Pull-up standards for men and women, a fair way to test your max, a test log, and a 6 week plan you can tick off.

2 The standards on one page

3 Test day: the rules and your test log

4 Your 6 week pull-up plan

5 Train it with RankTime



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From the free guide at ranktime.app/guides/how-many-pull-ups/
Made by RankTime, the workout timer that counts your reps.

WHERE DO YOU STAND?

Pull-up standards

Strict pull-ups in one set: dead hang, palms facing away, chin over the bar, no swinging. A rough guide drawn from military tables and coaching benchmarks, not an official norm. Body weight moves it a lot.

LEVEL	MEN	WOMEN	WHAT IT MEANS
Not yet	**0**	**0**	Normal if you have never trained pulling. Start with hangs, rows and slow negatives.
Beginner	**1 to 4**	**1 to 2**	The hardest step is behind you. Short, frequent sets add reps quickly.
Fit	**5 to 9**	**3 to 5**	Enough to train properly: real sets, ladders and EMOMs.
Strong	**10 to 14**	**6 to 9**	A common long term goal. Ten is the Navy SEAL minimum.
Very strong	**15 to 19**	**10 to 14**	Few get here without months of training pull-ups on purpose.
Elite	**20 or more**	**15 or more**	Marine Corps full marks: 23 for men, 12 for women at their peak ages.

Marine Corps full marks by age

AGE	MEN	WOMEN
17 to 20	**20**	**7**
21 to 25	**23**	**11**
26 to 30	**23**	**12**
31 to 35	**23**	**11**
36 to 40	**21**	**10**
41 to 45	**20**	**8**
46 to 50	**19**	**6**
51 and over	**18**	**4**

Who tests pull-ups

US Marine Corps. Pull-ups, a plank and a 3 mile run. Minimum 3 to 5 for men, 1 to 4 for women, by age. Push-ups are allowed instead but score at most 70 of 100 points.

Navy SEALs. At least 10, no time limit. Competitive candidates do 15 to 20 or more.

US Army. None: deadlift, hand-release push-ups, sprint-drag-carry, plank and a 2 mile run.

Navy and Air Force. None in the standard tests.

My max today _____ My level _____ Date _____

Military numbers as of November 2026. Standards change every few years: check the current rules for the test you will take.

TEST DAY

Test your max fairly

1. **Test fresh.** Start of a session, after a 20 second hang and a couple of easy reps.
2. **Dead hang start.** Palms away, hands just wider than your shoulders, arms straight, feet off the floor.
3. **Chin over the bar** every rep, then all the way back to straight arms.
4. **No swinging or kipping.** Legs still and slightly in front of you.
5. **Stop when the form stops.** You may hang and breathe at the bottom. Letting go, or a rep that stalls below the bar, ends the set.
6. **Test every week or two**, same grip, same rules. Not every day.

Get the count right. Halfway through a hard set it is easy to lose count, or to count a rep that did not reach the bar. Ask a partner, or let the RankTime camera count.

My test log

DATE	GRIP	REPS	LEVEL	NOTES

THE PLAN

6 week pull-up plan

Lots of clean reps while you are fresh, never to failure. Five training days and two rest days a week. Test every two weeks and redo your numbers with the new max.

My numbers

My max _____

Set size, half my max (at least 1) _____

Weeks 1 and 2: a day, 2 × max = _____

Weeks 3 and 4: a day, 2.5 × max = _____

Weeks 5 and 6: a day, 3 × max = _____

YOUR MAX	HOW TO DO THE DAY
0	Not yet: hangs, rows, negatives. See the pull-up progression guide.
1 to 3	Single reps with a full rest, plus a few slow negatives.
4 to 8	Sets of 2 to 4. An EMOM works well: a set every minute.
9 to 15	Sets of 4 to 7, or a ladder: 1, 2, 3, 4, then again.
15 or more	Add a backpack or vest, or do Cindy and Murph.

Tick off every day

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	☐ reps	☐ reps	Rest	☐ reps	☐ reps	☐ reps	Rest
2	☐ reps	☐ reps	Rest	☐ reps	☐ reps	**Test max:**	Rest
3	☐ reps	☐ reps	Rest	☐ reps	☐ reps	☐ reps	Rest
4	☐ reps	☐ reps	Rest	☐ reps	☐ reps	**Test max:**	Rest
5	☐ reps	☐ reps	Rest	☐ reps	☐ reps	☐ reps	Rest
6	☐ reps	☐ reps	Rest	☐ reps	☐ reps	**Test max:**	Rest

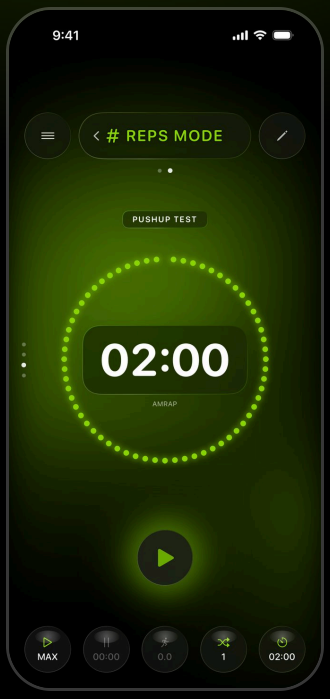
Elbow aching on the inside? Cut back for a week and switch to chin-ups: tendons adapt more slowly than muscles.

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TRAIN IT WITH RANKTIME

Test your pull-ups with RankTime

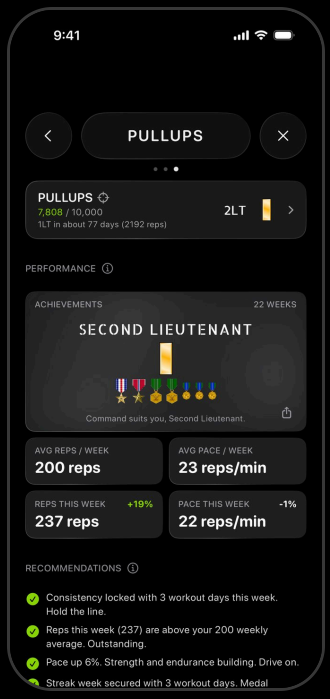
The camera counts every rep, so you can keep your mind on the bar. Your max set and every training rep go to your pull-up rank.



The PUSHUP TEST: one MAX set. Swap in pull-ups.



EMOM pull-ups, every rep counted.



Every pull-up counts toward your rank.

1. Swipe sideways to REPS mode, then up or down to the PUSHUP TEST.
2. Tap the exercises circle, tick PULLUPS, then untick PUSHUPS. The MAX set stays.
3. Prop the phone about 2 m (6 ft) away, bar and body in the frame, and press play.
4. Drop off the bar, stop the workout: your reps go to your history and rank.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

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