RankTime

FREE PRINTABLE · 4 PAGES

FROM ZERO TO TEN

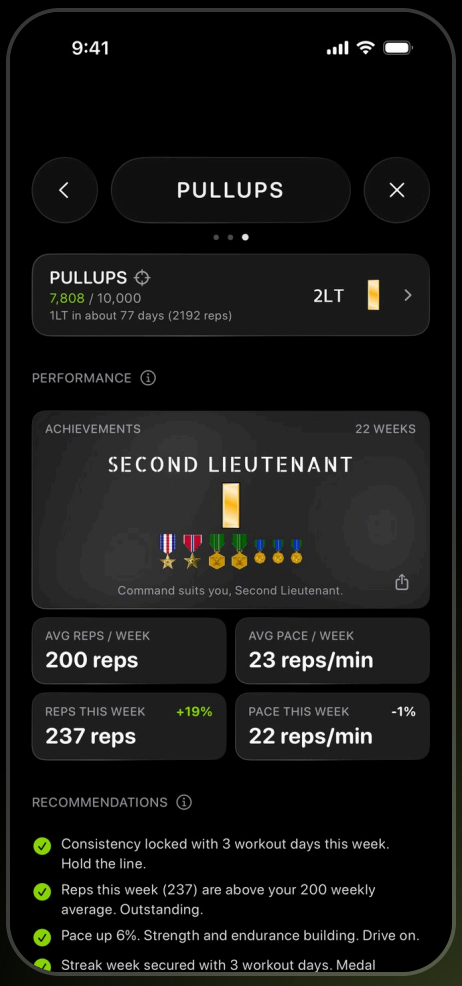
Your First Pull-Up

The five steps from a dead hang to your first pull-up, how to get from one to ten, good form, and an 8 week plan to tick off.

2 The way to your first pull-up

3 Your 8 week plan

4 Train it with RankTime



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

ZERO TO ONE

Your first pull-up

A pull-up lifts your whole body weight with your back and arms. The answer is not to try harder: build the pieces one at a time.

1. **Hang.** Straight arms, as long as you can, up to 30 to 60 seconds. Then scapular pulls: shoulders down without bending the arms, 3 sets of 5 to 10.
2. **Rows.** Under a low bar or a sturdy table, pull your chest up with your body straight. 3 sets of 8 to 12, lower over the weeks.
3. **Negatives.** Start with your chin over the bar and lower as slowly as you can, 3 to 5 seconds. 3 to 5 sets of 3, full rest. The best builder there is.
4. **Assisted pull-ups.** A band over the bar, or a toe on a chair. Just enough help to finish, less every week.
5. **Your first rep.** When you can lower for 5 seconds and do 8 assisted reps with a light band, try a real one at the start of a session.

Good form

- Start from a dead hang, arms straight.
- Shoulders down first, then elbows to ribs.
- Chin over the bar, all the way back down.
- No swinging.

From one to ten

- **Lots of easy sets** of 1 to 3. An EMOM: 2 a minute for 10 minutes is 20 reps.
- **Grease the groove:** half your max each time you pass the bar.
- **Ladders:** 1, 2, 3, then again from 1.
- **One max set a week,** fresh.

Pull-up or chin-up? Chin-ups (palms facing you) bring in more biceps and are usually a little easier: a fine place to start.

THE PLAN

8 week pull-up plan

WEEKS	THREE SESSIONS A WEEK
1 and 2	Hangs, scapular pulls and rows
3 and 4	Add negatives: 4 sets of 3, slow
5 and 6	Assisted pull-ups with a band, 3 sets of 5 to 8, plus negatives
7 and 8	A full rep at the start of every session, then assisted reps and negatives

Tick off every session

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest
2	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest
3	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest
4	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest
5	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest
6	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest
7	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest
8	☐ done	Rest	☐ done	Rest	☐ done	Rest	Rest

A day of rest between sessions. Step feels easy? Move on early. Not yet? Repeat the week. Inside of the elbow aching? Cut back for a week and switch grips.

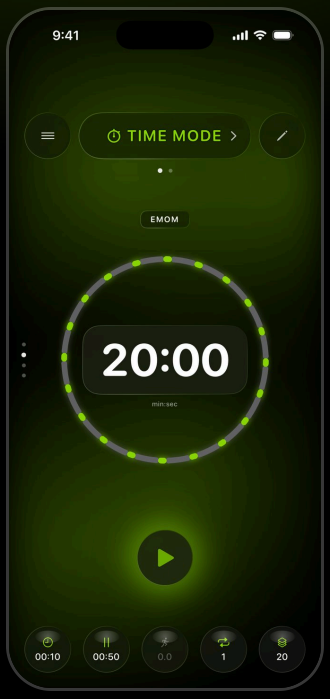
First pull-up on _____ **Best set now** _____

RankTime

TRAIN IT WITH RANKTIME

Train pull-ups with RankTime

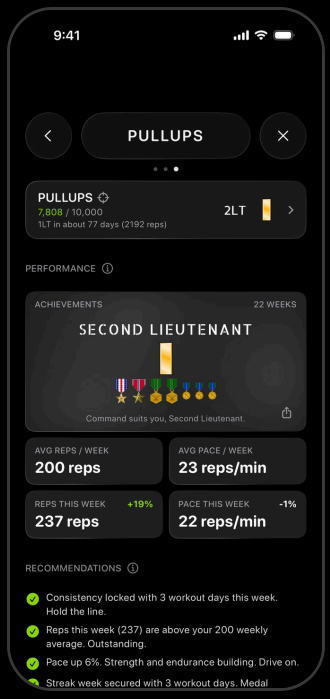
Pull-ups are counted by the camera straight away. The EMOM page gives you the small, easy sets that build your first ten.



EMOM: a set every minute.



Pull when it turns lime.



Every rep counts toward your rank.

1. Open TIME mode and swipe up or down to the EMOM page.
2. Tap the exercises circle, tick PULLUPS and untick the rest.
3. Prop the phone about 2 m (6 ft) away, bar and body in the frame.
4. Press play. Pull on lime, rest on grey.

- 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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