

A person with their back to the camera is performing a pull-up on a horizontal bar. They are wearing a black sports bra with a red band and black leggings. Their hair is tied in a bun, and they have visible tattoos on their upper arms. The background is a plain, light-colored wall.

6 STEPS

TO PULL-UP

LIKE A PRO

There's nothing sexier than a woman's back - in a sports bra, a tank top, or a little black dress.

But even better than the 'look' is the feeling of empowerment that comes with being able to lift your bodyweight.

There's something to be said for being able to just walk into any gym, hopping on the pull-up bar, and banging out 8-10 reps like it nothing.

So what's stopping you from
getting there?

Here is your blue print to the
perfect pull-up.

Each exercise has an embedded
link with a YouTube video demo,
so just click on it to see the
movement standard.

Rotate through the exercises two
at a time for 2-3 days a week.

EX: Monday 1 dynamic + 1 active

Tuesday 1 active + 1 static

Thursday 1 dynamic + accessory

2 DYNAMIC EXERCISES

1) JUMPING PULL-UPS

4 SETS OF 8

2) JUMPING NEGATIVES

**4 SETS OF 4 WITH 2-4 SECOND
ECCENTRIC.**

**START WITH 2 SECONDS AT THE
BEGINNING, PROGRESS TO 4 SECONDS**

2 ACTIVE EXERCISES

1) MACHINE ASSISTED PULL-UPS

**4 SETS OF 12-10, EVENTUALLY
WORKING DOWN TO 6-8**

2) WIDE, NEUTRAL, OR UNDERHAND GRIP PULL-DOWN

**4 SETS OF 8-10, EVENTUALLY GETTING
TO A HEAVIER WEIGHT OF 6-8**

2 STATIC EXERCISES

1) CHIN OVER BAR HOLDS

3 SETS - ACCUMULATE 30 SECONDS

**2) WEIGHTED BACK EXERCISES
WITH 2-5 HOLD AT TOP**

4 SETS OF 8-10

ACCESSORY WORK

**OF COURSE THERE'S ALWAYS A LITTLE
EXTRA YOU CAN BE DOING IN THE GYM
WITH WEIGHTS TO HELP FACILITATE
PROGRESS AND PROGRESSIONS**

**DUMBBELL CURLS
HAMMER CURLS
BENT OVER ROWS
1-ARM DUMBBELL ROWS
STANDING DB SHOULDER PRESS
Y, W, T'S**

**3-4 SETS OF 8-12, AS HEAVY AS YOU
CAN GO**



WANT MORE?



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LET'S CHAT

