



8 WEEK PULL-UP CHALLENGE

Become a pull-up cranking machine in eight weeks.



PULL-UPS ARE ARGUABLY THE BEST ALL-AROUND UPPER BODY EXERCISE.

As the premier compound exercise, meaning that it bends more than one joint, you engage multiple muscle groups in each rep.

This chart highlights the exact muscles used:

TARGETED MUSCLES

Latissimus Dorsi

SYNERGIES

Brachialis

Brachioradialis

Teres Major

Deltoid (Posterior)

Rhomboids

Levator Scapulae

Trapezius (lower, middle)

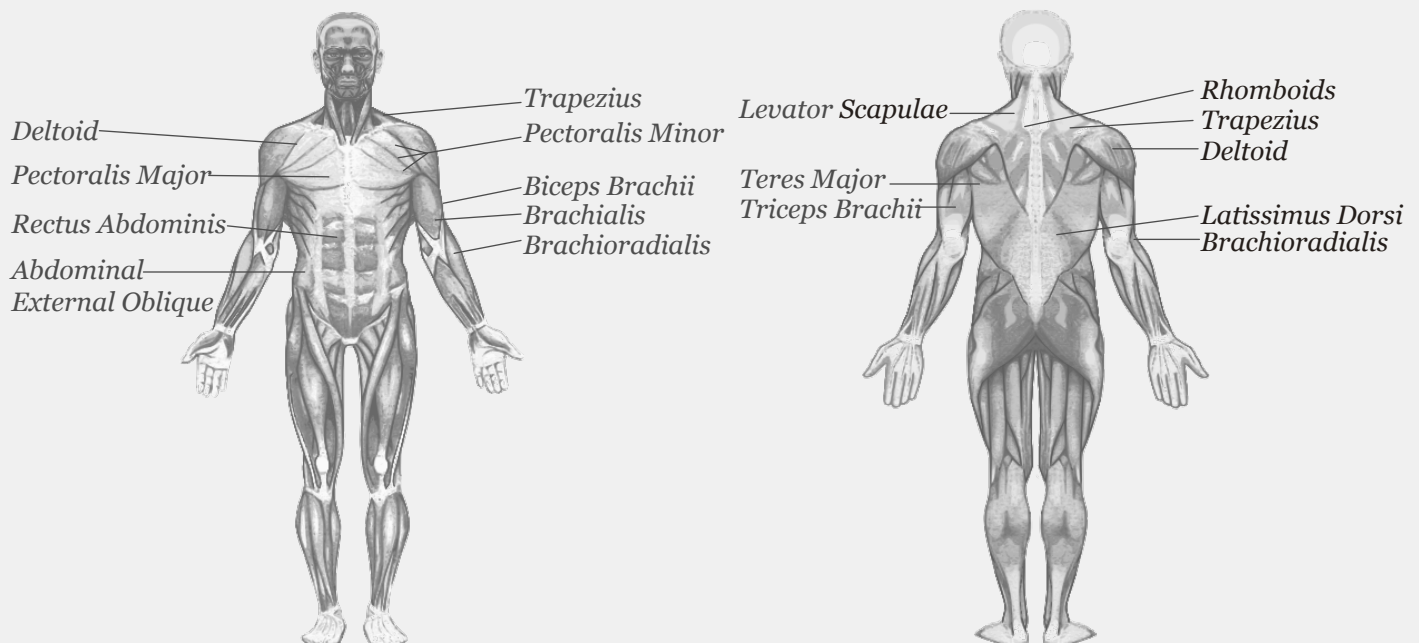
Pectoralis Major (sternal)

Pectoralis Minor

DYNAMIC STABILIZERS

Biceps Brachii

Triceps (long head)



HOW DO I USE PULL-UP BANDS?

PROTIPS:

A | Concentrate on keeping body straight and avoid swinging. *Note: “kipping” pull ups are more advanced and are the exception. [Kipping utilizes an initial jolt in the legs to generate momentum]*

B | To determine which method is most comfortable, experiment by bending your knees as well as keeping your legs straight.

C | When using a band, make sure to cross one foot over the other to ensure the band doesn't slip off your foot.

D | Try to touch your upper chest to the bar. If not, aim for at least getting your chin above the bar.

E | Keep the muscles in your shoulders and back engaged throughout your entire set to avoid placing undue stress on your deltoids, tendons, and ligaments. Make sure to start with your shoulder blades drawn down and avoid any sudden jerks.

F | Think about driving your elbows down as you pull yourself up. This should help further activate your lat muscles.



1 | Loop a band over the bar



2 | Place a foot or knee in the band



3 | Complete Pull-ups as normal



4 | Step down carefully and release yourself from the bar. Step one foot out first to avoid snap back.

WHY DO DIFFERENT TYPES OF PULL-UPS?

You can't build an entire house using only a hammer. Similarly, you can't build a strong body doing only one exercise. To that end, pull up variations strengthen muscles in different muscle groups, enable you to do more reps before exhaustion, and keep your workouts interesting.

As a general rule of thumb, wide-grip pull ups tend to work your upper lats whereas close-grip pull ups tend to engage your lower lats. Additionally, using an underhand grip (palms face you) for chin ups or a mixed grip (one palm faces you - one faces away) will emphasize your biceps more than a standard pull up grip (overhand grip).

PULL UP VARIATIONS: Below are several different types of pull ups. Try integrating as many as you can into your weekly sets for variety and distributed strength.



1 | WIDE GRIP



2 | NARROW GRIP



3 | MIXED GRIP
(One palm facing you)



4-5 | TYPEWRITER PULLUPS
(Keep head above the bar and pull yourself from side to side)



6 | CHIN UPS
(Palms facing you)



7-8 | **COMMANDO PULL-UPS**

(Alternate pulling yourself up to each side of the bar using a mixed grip)

9 | **ONE HAND PULL-UP**



10-11 | **MUSCLE UPS: (PULL UP + DIP)**

Pull your chest over the bar and then extend your arms straight.
Note: On a 1-10 difficulty scale - these are a 12.

12 | **PINKY PULL UPS**

[This is almost a joke](#)

BONUS EXERCISES

before pulling the band off the bar:



13 | LEG UPS

Contract your core muscles and slowly raise your legs as high as you can before lowering them back to starting position. The slower you move the more challenging this exercise becomes. In addition to your lats, you should get a good core workout as well.



14 | LAWNMOWER KNEES

Pull the band down to your side while raising the opposite knee to meet the band. Keep your back straight and squeeze your knee to the band for 1-2 seconds before releasing. Switch sides after completing your set. This should engage your lower lats and oblique muscles. One day you'll be as strong as the guy photo-bomb flexing in the background.



15 | UNILATERAL PRESS

Press the band forward while maintaining a tight stomach and a flat back. Leading with the same foot will force you to tighten and engage your core stabilizer muscles. Switch to the opposite side when your set is complete.

Send us an image if you have a new pull up variation to add, even if it's near impossible!

READY, SET, GO!

WHICH BAND IS BEST FOR ME?

The most common question we get at Rubberbanditz is “which band is right for me?” All you need to know is your weight. Once you find your band combo, click on it to see the item in our store.



< 140lbs



140lbs – 250lbs



250lbs – 300lbs



300 lbs+

WHY TWO PULL-UP ASSIST BANDS INSTEAD OF ONE?

As you get stronger you'll need to lower the assistance to account for your increase in strength. For example a robust (purple) band combined with a heavy (black) band, offers roughly the same amount of assistance as the power (green) workout band, but the combination gives you three different levels of assistance; one with the heavy band, one with robust band, and one with both pull up bands.

WHY DOES THIS MATTER?

Tripling the amount of available resistance levels by having two assisted pull up bands instead of one allows you to do drop sets – i.e. doing a set with just the robust pull up band until you can't do any more reps and then adding the heavy pull up band to eek out a few more to fully expend your energy when your muscles initially feel fatigued.

WORLD PULL-UP RECORD...YIKES!

Lee Chin-Yong, a 70 year old Korean man, holds the world record for the most consecutive pull-ups. On Dec 29th, 1994 he cranked out 612 pull ups (palms out) without stepping down from the bar. For the record, he did use wrist straps that were wrapped to the bar, enabling him to hang for extended periods of time between reps. This grueling world record took just over 2.5 hours.

GET METHICAL ABOUT YOUR PULL-UPS:

Here we present two ways to rapidly increase your pull up count. Each required a different level of commitment. Since no two people have exactly the same starting points or use the same assisted pull up band set-up there is not a one size fits all equation for everyone. In either option below we recommend doing at least five sets of pull ups three days per week, leaving at least one day rest in between, to allow for sufficient muscle recovery.

THE OFFICIAL RUBBERBANDITZ PULL-UP PROGRAM

This program is designed for linear growth in your pull up count.

We want to get you to 20 pull ups by the end!

DIRECTIONS:

1 | Count how many pull ups you can do on your own with no assistance to chart your starting point. If you can do anywhere between 0-5 pull ups on your own then start in the '0-5' group. If you can do anything over 10 pull ups on your own then start in the '10+' group.

2 | Complete the assigned amount of reps and sets listed per day in the chart below. Stagger your pull ups with at least one day rest in between (i.e. Mon, Wed, Fri).

3 | When you can't do the amount of reps in any pull up set -- add the lightest pull up band [or band combo] necessary that enables you to complete the set with assistance.

4 | Rest for 60-120 seconds in between each set.

5 | Test yourself again by counting how many unassisted (without a band) pull ups you can do at the end of week 4 to determine your starting point for week 5.

6 | Kick ass doing pull ups and brag to your friends, then report back to us on your progress.



Week 1

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 2 | 4 | 8 |
| Set 2 | 3 | 5 | 9 |
| Set 3 | 3 | 5 | 9 |
| Set 4 | 2 | 4 | 8 |
| Set 5 | 4 | 6 | 10 |
| Total | 14 | 24 | 44 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 2 | 4 | 8 |
| Set 2 | 2 | 4 | 8 |
| Set 3 | 2 | 4 | 8 |
| Set 4 | 3 | 5 | 9 |
| Set 5 | 4 | 6 | 10 |
| Total | 13 | 23 | 43 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 1 | 3 | 7 |
| Set 2 | 2 | 4 | 8 |
| Set 3 | 3 | 5 | 9 |
| Set 4 | 4 | 6 | 10 |
| Set 5 | 5 | 7 | 11 |
| Total | 15 | 25 | 45 |

Week 2

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 2 | 4 | 8 |
| Set 2 | 3 | 5 | 9 |
| Set 3 | 3 | 5 | 9 |
| Set 4 | 5 | 7 | 11 |
| Set 5 | 4 | 6 | 10 |
| Total | 17 | 27 | 47 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 3 | 5 | 9 |
| Set 2 | 3 | 5 | 9 |
| Set 3 | 2 | 4 | 8 |
| Set 4 | 4 | 6 | 10 |
| Set 5 | 3 | 5 | 9 |
| Total | 15 | 25 | 45 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 3 | 5 | 8 |
| Set 2 | 4 | 6 | 8 |
| Set 3 | 4 | 6 | 8 |
| Set 4 | 4 | 6 | 6 |
| Set 5 | 5 | 7 | 10 |
| Total | 20 | 30 | 40 |

Week 3

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 4 | 6 | 10 |
| Set 2 | 3 | 5 | 9 |
| Set 3 | 5 | 7 | 11 |
| Set 4 | 3 | 5 | 9 |
| Set 5 | 5 | 7 | 11 |
| Total | 20 | 30 | 50 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 4 | 6 | 10 |
| Set 2 | 2 | 4 | 8 |
| Set 3 | 5 | 7 | 11 |
| Set 4 | 2 | 4 | 8 |
| Set 5 | 5 | 7 | 11 |
| Total | 18 | 28 | 48 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 6 | 8 | 12 |
| Set 2 | 5 | 7 | 11 |
| Set 3 | 4 | 6 | 10 |
| Set 4 | 3 | 5 | 9 |
| Set 5 | 5 | 7 | 11 |
| Total | 23 | 33 | 53 |

Week 4

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 4 | 6 | 10 |
| Set 2 | 5 | 7 | 11 |
| Set 3 | 5 | 7 | 11 |
| Set 4 | 6 | 8 | 12 |
| Set 5 | 7 | 9 | 13 |
| Total | 27 | 37 | 57 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 7 | 9 | 13 |
| Set 2 | 6 | 8 | 12 |
| Set 3 | 4 | 6 | 10 |
| Set 4 | 6 | 8 | 12 |
| Set 5 | 7 | 9 | 13 |
| Total | 30 | 40 | 60 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 8 | 10 | 14 |
| Set 2 | 6 | 8 | 12 |
| Set 3 | 5 | 7 | 11 |
| Set 4 | 4 | 6 | 10 |
| Set 5 | 9 | 11 | 15 |
| Total | 32 | 42 | 62 |

Week 5

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 8 | 10 | 14 |
| Set 2 | 6 | 8 | 12 |
| Set 3 | 6 | 8 | 12 |
| Set 4 | 7 | 9 | 13 |
| Set 5 | 8 | 10 | 14 |
| Total | 35 | 45 | 65 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 8 | 10 | 14 |
| Set 2 | 5 | 7 | 11 |
| Set 3 | 8 | 10 | 14 |
| Set 4 | 5 | 7 | 11 |
| Set 5 | 8 | 10 | 14 |
| Total | 34 | 44 | 64 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 6 | 8 | 12 |
| Set 2 | 5 | 7 | 11 |
| Set 3 | 8 | 10 | 14 |
| Set 4 | 9 | 11 | 15 |
| Set 5 | 10 | 12 | 16 |
| Total | 38 | 48 | 68 |

Week 6

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 7 | 9 | 13 |
| Set 2 | 7 | 9 | 13 |
| Set 3 | 8 | 10 | 14 |
| Set 4 | 9 | 11 | 15 |
| Set 5 | 10 | 12 | 16 |
| Total | 41 | 51 | 71 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 10 | 12 | 16 |
| Set 2 | 9 | 11 | 15 |
| Set 3 | 7 | 9 | 13 |
| Set 4 | 6 | 8 | 12 |
| Set 5 | 8 | 10 | 14 |
| Total | 40 | 50 | 70 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 8 | 10 | 14 |
| Set 2 | 11 | 13 | 17 |
| Set 3 | 8 | 10 | 14 |
| Set 4 | 7 | 9 | 13 |
| Set 5 | 10 | 12 | 16 |
| Total | 44 | 54 | 74 |

Week 7

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 12 | 14 | 18 |
| Set 2 | 10 | 12 | 16 |
| Set 3 | 8 | 10 | 14 |
| Set 4 | 9 | 11 | 15 |
| Set 5 | 10 | 12 | 16 |
| Total | 49 | 59 | 79 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 10 | 12 | 16 |
| Set 2 | 8 | 10 | 14 |
| Set 3 | 11 | 13 | 17 |
| Set 4 | 8 | 10 | 14 |
| Set 5 | 10 | 12 | 16 |
| Total | 47 | 57 | 77 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 11 | 13 | 17 |
| Set 2 | 9 | 11 | 15 |
| Set 3 | 8 | 10 | 14 |
| Set 4 | 11 | 13 | 17 |
| Set 5 | 13 | 15 | 19 |
| Total | 52 | 62 | 82 |

Week 8

| | 0-5 | 6-9 | 10+ |
|-------|-----|-----|-----|
| Day 1 | | | |
| Set 1 | 9 | 11 | 15 |
| Set 2 | 10 | 12 | 16 |
| Set 3 | 11 | 13 | 17 |
| Set 4 | 13 | 15 | 19 |
| Set 5 | 14 | 16 | 20 |
| Total | 57 | 67 | 87 |

| | | | |
|-------|----|----|----|
| Day 2 | | | |
| Set 1 | 11 | 13 | 17 |
| Set 2 | 10 | 12 | 16 |
| Set 3 | 9 | 11 | 15 |
| Set 4 | 11 | 13 | 17 |
| Set 5 | 14 | 16 | 20 |
| Total | 55 | 65 | 85 |

| | | | |
|-------|----|----|----|
| Day 3 | | | |
| Set 1 | 14 | 16 | 20 |
| Set 2 | 12 | 14 | 18 |
| Set 3 | 9 | 11 | 15 |
| Set 4 | 12 | 14 | 18 |
| Set 5 | 15 | 17 | 21 |
| Total | 62 | 72 | 92 |

CHART YOUR PROGRESS USING OUR **PULL-UP LOG.**

This option allows you the flexibility to do your pull ups at your pace using different band combinations and grip options. You are in charge of setting your goals and pull-up schedule so it fits squarely into your workout regimen.

Use our pull up log below to chart your personal pull up journey. Correct form is a critical component so make sure to go slower towards the beginning of your training to lock in maximum control and proper technique.

In addition to using different grip variations, we suggest training with a variety of rep ranges in your sets. You will build power and strength faster by performing sets of lower reps. Conversely, you will build endurance quicker through high-rep sets. Both strength and endurance are essential for a high pull up count. Plan to use lighter bands [or no bands] for lower rep sets and thicker bands for higher rep sets.

As a general rule, try to include one day a week or five total sets scattered during a week for lower rep sets. This means some days you may do 2-6 reps for maximal strength, other days you may do 7-12, and then some days you may register 15-30 (with a band) to increase muscle endurance.

ADDITIONAL PULL UP TRAINING MODULES:

[Click here](#) for a simple yet straight forward 50 pull up training program that allows you to chart your progress and move at your own pace.

[Click here](#) for an incredibly detailed 7-week plan.

