

# Pull-up bar exercise table

Mark an X on each day you complete the exercise. Move up a level once you can do all sets with good form for two weeks in a row.

## Beginner level

Weeks 1 to 4

Exercise	Notes	Sets	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Dead hang</b>	Pronated grip, active shoulders	3 x 20-30 s							
<b>Negative pull-ups</b>	Lower slowly from the top (4-5 s)	3 x 5-6							
<b>Scapular pull-up</b>	Scapular activation without bending elbows	3 x 8-10							

## Intermediate level

Weeks 5 to 10

Exercise	Notes	Sets	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Pull-ups (pronated grip)</b>	Classic pull-up, wide grip	4 x 6-8							
<b>Chin-ups (supinated grip)</b>	Narrow grip, more biceps activation	4 x 8-10							
<b>L-sit pull-up</b>	Legs parallel to the floor, core engaged	3 x 5-6							

## Advanced level

Week 11 onward

Exercise	Notes	Sets	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Archer pull-up</b>	One arm does the work, the other stays extended as a guide	4 x 4-5 /side							
<b>Explosive pull-ups</b>	Maximum pull, chest to the bar	4 x 4-6							
<b>Assisted one-arm pull-up</b>	With a resistance band, progression toward the one-arm pull-up	3 x 3-4 /side							

**Tip:** rest at least 48 hours between back sessions. Clean technique matters more than the number of reps.