

# Pull up challenge

Test: Unbroken strict pull ups	
Test: 30 pull ups for time (kipping okay)	

## Week 1

	3-5 pull ups	6-9 pull ups	10+ pull ups
Day 1	5 x 2	5 x 4	5 x 6
Day 2	3 x 3, 2 x 2	3 x 5, 2 x 4	3 x 6, 2 x 5
Day 3	4 x 2, 1 x max	4 x 3, 1 x max	4 x 5, 1 x max

## Week 2

	3-5 pull ups	6-9 pull ups	10+ pull ups
Day 1	5 x 3	5 x 5	5 x 8
Day 2	3 x 4, 2 x 3	3 x 6, 2 x 5	3 x 9, 2 x 8
Day 3	4 x 3, 1 x max	4 x 4, 1 x max	4 x 6, 1 x max

## Week 3

	3-5 pull ups	6-9 pull ups	10+ pull ups
Day 1	5 x 3	5 x 5	5 x 8
Day 2	3 x 4, 2 x 3	3 x 6, 2 x 5	3 x 9, 2 x 8
Day 3	4 x 3, 1 x max	4 x 4, 1 x max	4 x 6, 1 x max

Re-Test: Unbroken strict pull ups	
-----------------------------------	--

## Week 4

	9-11 pull ups	12-14 pull ups	15+ pull ups
Day 1	5 x 5	5 x 8	5 x 10
Day 2	3 x 6, 2 x 5	3 x 9, 2 x 6	3 x 12, 2 x 8
Day 3	4 x 5, 1 x max	4 x 6, 1 x max	4 x 8, 1 x max

## Week 5

	9-11 pull ups	12-14 pull ups	15+ pull ups
Day 1	5 x 6	5 x 9	5 x 11
Day 2	3 x 7, 2 x 6	3 x 10, 2 x 8	3 x 12, 2 x 8
Day 3	4 x 6, 1 x max	4 x 8, 1 x max	4 x 12, 1 x max

## Week 6

	9-11 pull ups	12-14 pull ups	15+ pull ups
Day 1	5 x 6	5 x 9	5 x 11
Day 2	3 x 7, 2 x 6	3 x 10, 2 x 8	3 x 12, 2 x 8
Day 3	4 x 6, 1 x max	4 x 8, 1 x max	4 x 12, 1 x max

Re-Test: Unbroken strict pull ups	
Re-Test: 30 pull ups for time (kipping okay)	