Pull-up progression tracker

From dead hangs to your first pull-up. Best effort each week, for eight weeks.

NAME

START DATE

STEP	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DEAD HANG (S)								
SCAPULA PULLS								
NEGATIVES (S DOWN)								
BAND PULL-UPS								
PULL-UPS								

Work the top row until it is easy, then move down a row. Three sessions a week, never to failure.

NOTES