



# **THE PROGRESSIVE PULL UP METHOD**

**THE STEP BY STEP  
GUIDE TO 40 PULL UPS**

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## The Progressive Pull-Up Method

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### Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

### Muscle-Building Disclaimer

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## The Progressive Pull-Ups Method

The following are step-by-step instructions on how to follow and advance with the Progressive Pull-Ups Method.

Please read carefully before you begin.

### Instructions

1. Perform a pull-up progression test.
2. Use the progression test results to determine what phase of the training to begin with.
3. Follow the training prescribed in the selected phase.
4. Rest at least 1 day between training sessions.
5. Perform a pull-up progression test at the end of each phase.
6. If you are unable to perform enough reps (during your progression test) to move onto the next phase, repeat the current phase. If, however, you are able to perform enough reps to move onto the following phase (or any phase beyond the following), then do so.
7. Be sure to rest at least 2 days between phases.
8. Follow the above instructions until you've reach your goal (Hopefully it's 40 or more!)

## Progression Test

The progression test will be utilized for 2 things:

- 1) Determining what phase to begin with.
- 2) To track progress for advancing onto a more challenging phase.

The progression test is simple: perform as many pull-ups as possible without form degradation.

## Things to Know

- DO NOT begin the program based on assumptions or past experience. For best results, start with a progression test.
- DO NOT count any reps where your chin did not pass the bar.
- Make sure to warm up properly before testing.

## How to Warm Up

You will be warming up using low impact, low intensity bodyweight circuits.

The idea is simple...get the blood flowing.

Choose One:

Warm Up #1	Warm Up #2
Jog In Place x 15 Seconds	Jogging In Place x 30 Seconds
High Knees x 15 Seconds	Jumping Jacks x 30 Seconds
Half Burpees x 15 Seconds	Speed Skaters x 30 Seconds
Jumping Jacks x 15 Seconds	Split JJs x 30 Seconds
Vertical Jumps x 15 Seconds	Plank Jacks x 30 Seconds
Torso Rotations x 15 Seconds	Squat & Jump x 30 Seconds

**Warm Up #1:** Perform the entire circuit 4x

**Warm Up #2:** Perform the entire circuit 2x

## How to Pull Up

1. Hang on a bar with your hands slightly wider than shoulder width apart.
2. Pull until the bar is slightly below your chin.
3. Control your body on the way down.
4. Repeat



## Need a Pull-Up Bar?

Here's what I recommend!



[Grab one here.](#)

## Don't Have a Pull-Up Bar? Try this!



\*Stuff a towel underneath the door to prevent it from swinging.

## The Progressive Pull-Up Method

### Phase 1 (4-8 Reps)

Day 1	Reps	Rest
Set 1	3	2 Minutes
Set 2	3	2 Minutes
Set 3	3	2 Minutes
Set 4	3	3 Minutes
Set 5	AMAP in 1 Minute	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	3	2 Minutes
Set 2	3	2 Minutes
Set 3	3	2 Minutes
Set 4	3	3 Minutes
Set 5	AMAP in 2 Minutes	

Day 3	Reps	Rest
Set 1	4	2 Minutes
Set 2	4	2 Minutes
Set 3	3	2 Minutes
Set 4	3	3 Minutes
Set 5	AMAP in 2 Minutes	

Day 4	Reps	Rest
Set 1	4	2 Minutes
Set 2	4	2 Minutes
Set 3	3	2 Minutes
Set 4	3	3 Minutes
Set 5	AMAP in 3 Minutes	



## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	5	2 Minutes
Set 2	5	2 Minutes
Set 3	4	2 Minutes
Set 4	4	3 Minutes
Set 5	AMAP in 3 Minutes	

Day 6	Reps	Rest
Set 1	5	2 Minutes
Set 2	5	2 Minutes
Set 3	4	2 Minutes
Set 4	4	3 Minutes
Set 5	AMAP in 4 Minutes	

This Concludes Phase 1 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 2 (9-12 Reps)

Day 1	Reps	Rest
Set 1	5	2 Minutes
Set 2	5	2 Minutes
Set 3	4	2 Minutes
Set 4	4	3 Minutes
Set 5	AMAP in 4 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	5	2 Minutes
Set 2	5	2 Minutes
Set 3	5	2 Minutes
Set 4	5	3 Minutes
Set 5	AMAP in 4 Minutes	

Day 3	Reps	Rest
Set 1	5	2 Minutes
Set 2	5	2 Minutes
Set 3	5	2 Minutes
Set 4	5	3 Minutes
Set 5	AMAP in 5 Minutes	

Day 4	Reps	Rest
Set 1	6	2 Minutes
Set 2	6	2 Minutes
Set 3	5	2 Minutes
Set 4	5	3 Minutes
Set 5	AMAP in 5 Minutes	

## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	6	2 Minutes
Set 2	6	2 Minutes
Set 3	6	2 Minutes
Set 4	6	3 Minutes
Set 5	AMAP in 5 Minutes	

Day 6	Reps	Rest
Set 1	7	2 Minutes
Set 2	7	2 Minutes
Set 3	6	2 Minutes
Set 4	6	3 Minutes
Set 5	AMAP in 5 Minutes	

This Concludes Phase 2 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 3 (13-16 Reps)

Day 1	Reps	Rest
Set 1	7	2 Minutes
Set 2	7	2 Minutes
Set 3	6	2 Minutes
Set 4	6	3 Minutes
Set 5	AMAP in 5 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	7	2 Minutes
Set 2	7	2 Minutes
Set 3	7	2 Minutes
Set 4	7	3 Minutes
Set 5	AMAP in 5 Minutes	

Day 3	Reps	Rest
Set 1	7	2 Minutes
Set 2	7	2 Minutes
Set 3	7	2 Minutes
Set 4	7	3 Minutes
Set 5	AMAP in 6 Minutes	

Day 4	Reps	Rest
Set 1	8	2 Minutes
Set 2	8	2 Minutes
Set 3	7	2 Minutes
Set 4	7	3 Minutes
Set 5	AMAP in 6 Minutes	

## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	8	2 Minutes
Set 2	8	2 Minutes
Set 3	7	2 Minutes
Set 4	7	3 Minutes
Set 5	AMAP in 7 Minutes	

Day 6	Reps	Rest
Set 1	8	2 Minutes
Set 2	8	2 Minutes
Set 3	8	2 Minutes
Set 4	8	3 Minutes
Set 5	AMAP in 7 Minutes	

This Concludes Phase 3 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 4 (17-20 Reps)

Day 1	Reps	Rest
Set 1	9	2 Minutes
Set 2	12	2 Minutes
Set 3	9	2 Minutes
Set 4	9	3 Minutes
Set 5	AMAP in 5 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	10	2 Minutes
Set 2	14	2 Minutes
Set 3	9	2 Minutes
Set 4	9	3 Minutes
Set 5	AMAP in 5 Minutes	

Day 3	Reps	Rest
Set 1	10	2 Minutes
Set 2	15	2 Minutes
Set 3	10	2 Minutes
Set 4	10	3 Minutes
Set 5	AMAP in 6 Minutes	

Day 4	Reps	Rest
Set 1	10	2 Minutes
Set 2	15	2 Minutes
Set 3	10	2 Minutes
Set 4	10	3 Minutes
Set 5	AMAP in 7 Minutes	

### The Progressive Pull-Up Method

<b>Day 5</b>	<b>Reps</b>	<b>Rest</b>
<b>Set 1</b>	12	2 Minutes
<b>Set 2</b>	15	2 Minutes
<b>Set 3</b>	12	2 Minutes
<b>Set 4</b>	10	3 Minutes
<b>Set 5</b>	AMAP in 7 Minutes	

<b>Day 6</b>	<b>Reps</b>	<b>Rest</b>
<b>Set 1</b>	12	2 Minutes
<b>Set 2</b>	15	2 Minutes
<b>Set 3</b>	12	2 Minutes
<b>Set 4</b>	10	3 Minutes
<b>Set 5</b>	AMAP in 8 Minutes	

This Concludes Phase 4 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 5 (21-24 Reps)

Day 1	Reps	Rest
Set 1	12	2 Minutes
Set 2	15	2 Minutes
Set 3	12	2 Minutes
Set 4	10	3 Minutes
Set 5	AMAP in 8 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	15	2 Minutes
Set 2	15	2 Minutes
Set 3	12	2 Minutes
Set 4	12	3 Minutes
Set 5	AMAP in 8 Minutes	

Day 3	Reps	Rest
Set 1	15	2 Minutes
Set 2	15	2 Minutes
Set 3	12	2 Minutes
Set 4	12	3 Minutes
Set 5	AMAP in 9 Minutes	

Day 4	Reps	Rest
Set 1	15	2 Minutes
Set 2	15	2 Minutes
Set 3	15	2 Minutes
Set 4	12	3 Minutes
Set 5	AMAP in 9 Minutes	



## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	15	2 Minutes
Set 2	15	2 Minutes
Set 3	15	2 Minutes
Set 4	12	3 Minutes
Set 5	AMAP in 10 Minutes	

Day 6	Reps	Rest
Set 1	15	2 Minutes
Set 2	15	2 Minutes
Set 3	15	2 Minutes
Set 4	15	3 Minutes
Set 5	AMAP in 10 Minutes	

This Concludes Phase 5 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 6 (25-28 Reps)

Day 1	Reps	Rest
Set 1	15	2 Minutes
Set 2	15	2 Minutes
Set 3	15	2 Minutes
Set 4	15	3 Minutes
Set 5	AMAP in 8 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	15	2 Minutes
Set 2	20	2 Minutes
Set 3	15	2 Minutes
Set 4	15	3 Minutes
Set 5	AMAP in 8 Minutes	

Day 3	Reps	Rest
Set 1	15	2 Minutes
Set 2	20	2 Minutes
Set 3	15	2 Minutes
Set 4	15	3 Minutes
Set 5	AMAP in 9 Minutes	

Day 4	Reps	Rest
Set 1	20	2 Minutes
Set 2	20	2 Minutes
Set 3	15	2 Minutes
Set 4	15	3 Minutes
Set 5	AMAP in 9 Minutes	

## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	20	2 Minutes
Set 2	20	2 Minutes
Set 3	15	2 Minutes
Set 4	15	3 Minutes
Set 5	AMAP in 10 Minutes	

Day 6	Reps	Rest
Set 1	20	2 Minutes
Set 2	20	2 Minutes
Set 3	16	2 Minutes
Set 4	16	3 Minutes
Set 5	AMAP in 10 Minutes	

This Concludes Phase 6 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 7 (29-32 Reps)

Day 1	Reps	Rest
Set 1	20	2 Minutes
Set 2	20	2 Minutes
Set 3	16	2 Minutes
Set 4	16	3 Minutes
Set 5	AMAP in 8 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	20	2 Minutes
Set 2	20	2 Minutes
Set 3	20	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 8 Minutes	

Day 3	Reps	Rest
Set 1	20	2 Minutes
Set 2	20	2 Minutes
Set 3	20	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 9 Minutes	

Day 4	Reps	Rest
Set 1	20	2 Minutes
Set 2	25	2 Minutes
Set 3	20	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 9 Minutes	

## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	20	2 Minutes
Set 2	25	2 Minutes
Set 3	20	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 10 Minutes	

Day 6	Reps	Rest
Set 1	25	2 Minutes
Set 2	25	2 Minutes
Set 3	20	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 10 Minutes	

This Concludes Phase 7 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 8 (33-36 Reps)

Day 1	Reps	Rest
Set 1	25	2 Minutes
Set 2	25	2 Minutes
Set 3	20	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 8 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	25	2 Minutes
Set 2	28	2 Minutes
Set 3	25	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 8 Minutes	

Day 3	Reps	Rest
Set 1	25	2 Minutes
Set 2	28	2 Minutes
Set 3	25	2 Minutes
Set 4	20	3 Minutes
Set 5	AMAP in 9 Minutes	

Day 4	Reps	Rest
Set 1	25	2 Minutes
Set 2	28	2 Minutes
Set 3	25	2 Minutes
Set 4	25	3 Minutes
Set 5	AMAP in 9 Minutes	

## The Progressive Pull-Up Method

<b>Day 5</b>	<b>Reps</b>	<b>Rest</b>
<b>Set 1</b>	25	2 Minutes
<b>Set 2</b>	28	2 Minutes
<b>Set 3</b>	25	2 Minutes
<b>Set 4</b>	25	3 Minutes
<b>Set 5</b>	AMAP in 10 Minutes	

<b>Day 6</b>	<b>Reps</b>	<b>Rest</b>
<b>Set 1</b>	25	2 Minutes
<b>Set 2</b>	28	2 Minutes
<b>Set 3</b>	28	2 Minutes
<b>Set 4</b>	25	3 Minutes
<b>Set 5</b>	AMAP in 10 Minutes	

This Concludes Phase 8 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase 9 (37-40 Reps)

Day 1	Reps	Rest
Set 1	25	2 Minutes
Set 2	28	2 Minutes
Set 3	28	2 Minutes
Set 4	25	3 Minutes
Set 5	AMAP in 9 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	25	2 Minutes
Set 2	30	2 Minutes
Set 3	30	2 Minutes
Set 4	25	3 Minutes
Set 5	AMAP in 9 Minutes	

Day 3	Reps	Rest
Set 1	25	2 Minutes
Set 2	30	2 Minutes
Set 3	30	2 Minutes
Set 4	25	3 Minutes
Set 5	AMAP in 10 Minutes	

Day 4	Reps	Rest
Set 1	28	2 Minutes
Set 2	30	2 Minutes
Set 3	30	2 Minutes
Set 4	28	3 Minutes
Set 5	AMAP in 10 Minutes	



## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	28	2 Minutes
Set 2	30	2 Minutes
Set 3	30	2 Minutes
Set 4	28	3 Minutes
Set 5	AMAP in 11 Minutes	

Day 6	Reps	Rest
Set 1	30	2 Minutes
Set 2	30	2 Minutes
Set 3	30	2 Minutes
Set 4	30	3 Minutes
Set 5	AMAP in 11 Minutes	

This Concludes Phase 9 – Rest 2 Days and Then Perform a Progression Test

## The Progressive Pull-Up Method

### Phase10 (40+ Reps)

Day 1	Reps	Rest
Set 1	30	2 Minutes
Set 2	30	2 Minutes
Set 3	30	2 Minutes
Set 4	30	3 Minutes
Set 5	AMAP in 10 Minutes	

\*AMAP: As many as possible.

Day 2	Reps	Rest
Set 1	30	2 Minutes
Set 2	35	2 Minutes
Set 3	30	2 Minutes
Set 4	30	3 Minutes
Set 5	AMAP in 10 Minutes	

Day 3	Reps	Rest
Set 1	30	2 Minutes
Set 2	35	2 Minutes
Set 3	30	2 Minutes
Set 4	30	3 Minutes
Set 5	AMAP in 11 Minutes	

Day 4	Reps	Rest
Set 1	30	2 Minutes
Set 2	35	2 Minutes
Set 3	35	2 Minutes
Set 4	30	3 Minutes
Set 5	AMAP in 11 Minutes	

## The Progressive Pull-Up Method

Day 5	Reps	Rest
Set 1	30	2 Minutes
Set 2	35	2 Minutes
Set 3	35	2 Minutes
Set 4	30	3 Minutes
Set 5	AMAP in 12 Minutes	

Day 6	Reps	Rest
Set 1	32	2 Minutes
Set 2	36	2 Minutes
Set 3	36	2 Minutes
Set 4	32	3 Minutes
Set 5	AMAP in 12 Minutes	

This Concludes Phase 10 – Rest 2 Days and Then Perform a Progression Test

**Good Luck!**