

	ROUGHSTOCK ATHLETE™ Simple Training Program for Pull-ups and Chin-ups				
	In this hypothetical example, Athlete is 18 years old, max reps for initial test is 12 pull-ups at bodyweight, athlete is in good health, has trained before, but has never trained specifically for pull-ups.				
	for reference:				
	If you are rodeoing on the weekend, skip Friday’s pull-ups or cut sets in half.				
	6x3 = 6 sets of 3 reps. Take as much rest as you need between sets to get it done.				
	IMPORTANT: Everything is negotiable. If you need to change sets, reps, or scheme to fit your needs, do it. This is a template to give you an idea on how to incorporate pull-up specific training in your program.			Weekly rep volume and training volume numbers	
	Monday	Wednesday	Friday	rep volume	training volume (lb) @150 lb bodyweight
Week 1	Pull-ups 6x3 @ BW	Chin-ups 6x3 @ BW	Pull-ups 6x3 @ BW	54	8,100
Week 2	Chin-ups 6x3 @ BW	Pull-ups 8x3 @ BW	Chin-ups 8x3 @ BW	66	9900
Week 3	Pull-ups 8x3 @ BW	Chin-ups 8x3 @ BW	Pull-ups 10x3 @ BW	78	11700
Week 4	Chin-ups 10x3 @ BW	Pull-ups 10x3 @ BW	Chin-ups 10x3 @ BW	90	13500
Week 5	test max reps pull-ups	take break from pull-ups the rest of week			
	after week 5, you can start this program over, but add weight. Or you could keep doing bodyweight only and do 5 reps instead of 3.				
Week 6	Pull-ups 6x3 +20 lb	Chin-ups 6x3 +20 lb	Pull-ups 6x3 +20 lb	54	9180
Week 7	Chin-ups 6x3 +20 lb	Pull-ups 8x3 +20 lb	Chin-ups 8x3 +20 lb	66	11220
Week 8	Pull-ups 8x3 +20 lb	Chin-ups 8x3 +20 lb	Pull-ups 10x3 +20 lb	78	13260
Week 9	Chin-ups 10x3 +20 lb	Pull-ups 10x3 +20 lb	Chin-ups 10x3 +20 lb	90	15300
Week 10	test max reps pull-ups	take break from pull-ups the rest of week			
OR					
Week 6	Pull-ups 6x5 @ BW	Chin-ups 6x5 @ BW	Pull-ups 6x5 @ BW	90	13500
Week 7	Chin-ups 6x5 @ BW	Pull-ups 8x5 @ BW	Chin-ups 8x5 @ BW	110	16500
Week 8	Pull-ups 8x5 @ BW	Chin-ups 8x5 @ BW	Pull-ups 10x5 @ BW	130	19500
Week 9	Chin-ups 10x5 @ BW	Pull-ups 10x5 @ BW	Chin-ups 10x5 @ BW	150	22500
Week 10	test max reps pull-ups	take break from pull-ups the rest of week			
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