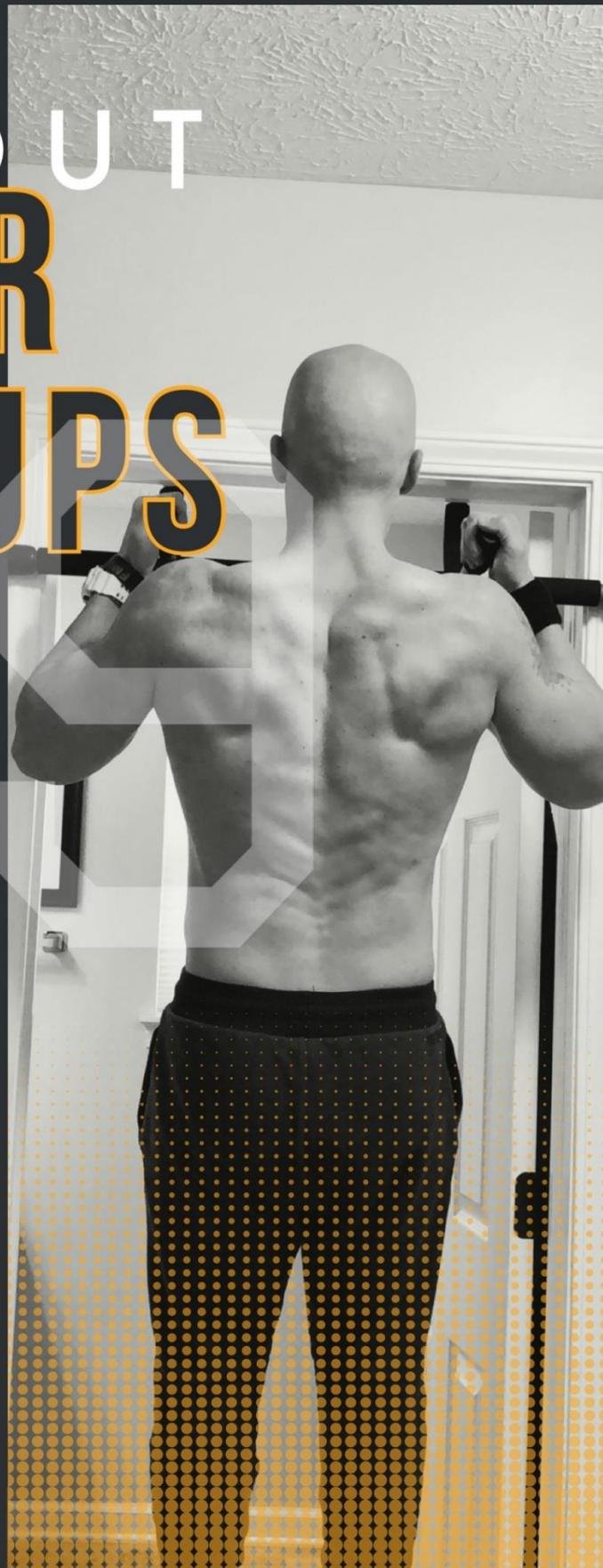


MAX OUT YOUR PULL-UPS

HOW TO
MAX OUT
YOUR
PULL-UPS
AND RIP
UP YOUR
BACK IN
JUST 6
WEEKS!



FMU
FITNESS

COACH THEO'S FREE PULL-UP
PROGRAM

Brief Explanation

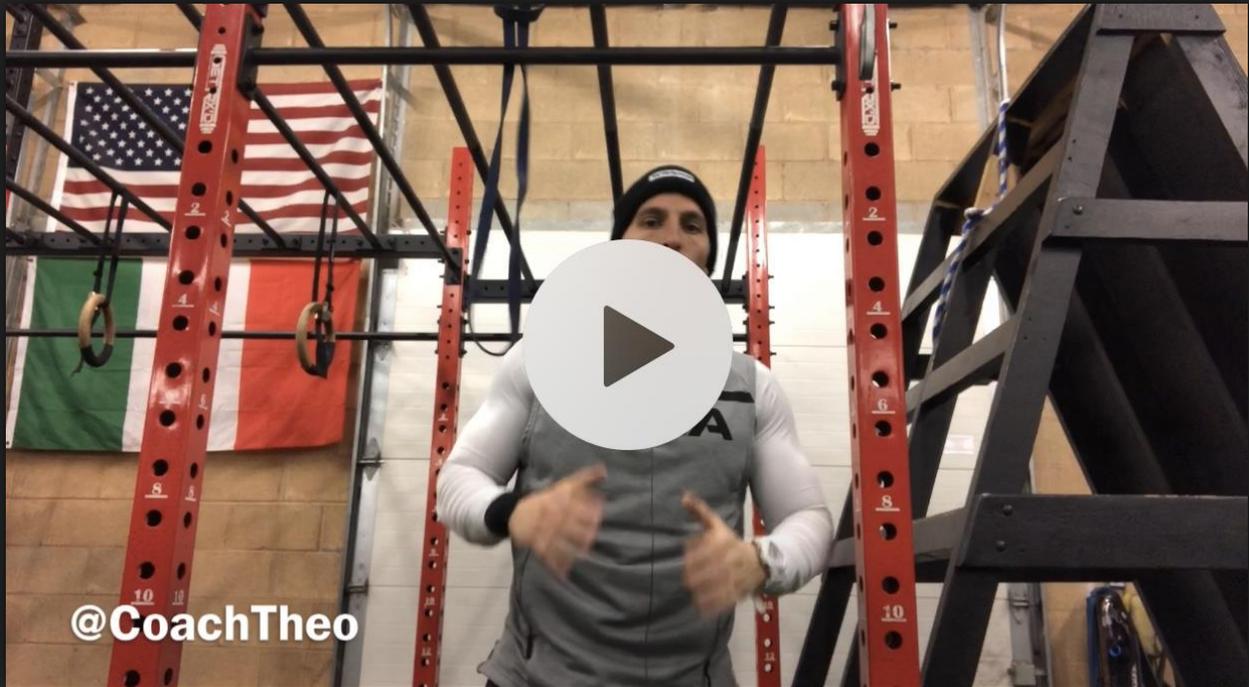
There's nothing fancy about this technique that progressed me from 23 to 39 pull-ups in just 6 weeks! In fact, this is an elementary concept I discovered when I first started working out in 6th grade! I used to do push-ups every night before I went to bed. To get strong and build my muscular endurance (although I had no idea what I was doing at the time, it was a lucky guess), I would do as many as push-ups as I could, then rest until I was ready to force out as many reps as I could again. I would do this until I hit 100 push-ups. Pretty soon I was shortening my rest periods and lengthening my rep ranges and getting to 100 faster and faster every week.

Often what I learned in fitness is that the simpler we keep things, the better our results will be. I've over-done pull-ups many times. I used to over-do the volume by doing too many reps and then the reverse would happen: I would get weaker instead of stronger. I decided to go back to my sixth-grade method and see if it worked. Surprisingly but not, it did. The whole concept is just forcing out reps after maxing out. It's not easy by any means. But it's pretty darn simple to follow.

[VIDEO 1] Watch this video of when I hit **39** straight Hammer Grip Pull-ups (*Update: I'm still working this program to see if I can get to 45) [Click Play to watch]



[VIDEO 2] This Video Explains Everything That You'll Read Below [Click to watch]



Prescription:

3 Sets of forced rep hammer grip pull-ups, two days per week.

Protocol:

Day 1	<p>Set 1: Complete your max reps of bodyweight hammer grip pull-ups. Rest :10-:20 seconds. Force out as many more reps as you can. Rest another :10-:20 seconds. Force out as many reps as you can again. Keep repeating this format until you reach or exceed your goal number.</p> <p>Rest 8 minutes.</p> <p>Set 2: Complete another max set of bodyweight hammer grip pull-ups. The only change is, after your :10-:20 rest, add an assistance band for the remaining forced reps until you reach or exceed your goal number again.</p> <p>Rest 8 minutes.</p> <p>Set 3. Do the same thing as set 2.</p>	<p>Note: in day 1 my goal is maximum recovery in my arms and back in between sets of pull-ups. I rest 8 minutes and if I do anything in between, it's cardio or lower body. I always take a minute or two to lower my heart rate before my next set of pull-ups.</p>
Day 2	<p>Set 1. Do the same thing as set one above.</p>	<p>Note: in day 2 my goal is to train under fatigue. I</p>

<p>Rest 3 minutes then do a set of a back or bicep exercise. Rest another 3 minutes.</p> <p>Set 2: Do the same thing as set two above. This time, just add five pounds for extra weight (i.e. hold a 5lb dumbbell in your legs)</p> <p>Rest 3 minutes then do a set of a back or bicep exercise. Rest another 3 minutes.</p> <p>Set 3. Do the same thing as you just did in set 2.</p>	<p>purposely do an arm or back exercise in between pull-up sets, so my arms and back are tired when I do my forced rep pull-ups again.</p>
--	--

Rest:

Rest 2-3 days from pull-ups in between pull-up days. For example, Pull-up Day 1 Monday; Pull-up Day 2 Thursday. You can do other workouts in between days, just don't do pull-ups.

Contact Me:

Please email me your results. I love to know! theo@fitmeupfitness.com

FOR MORE FREE CONTENT VISIT: THEOANDAMBER.com and FMUFitness.com