

The Pull Up Project



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Whats inside the guide?

- Progress tracker
- Testing guide
- Weekly training plan
- Top Tips
- FAQ's
- Exercise video library
- Contact

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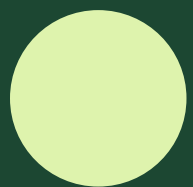
The plan

- Make a copy of your progress tracker and training guide on Google Sheets
- Test and record your grip endurance
- Test your current pull up strength
- Follow the 3 x week workouts and record your sets, reps, weights etc each week
- Re-test every 4 weeks

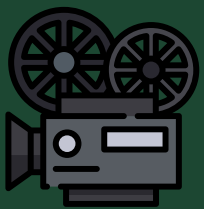
The training days only focus on pull up specific movements. This is not to replace your current training plan but to incorporate these movements into it

Progress Tracker

Make a copy of “The Pull up Project” on Google to track and record your test results and weekly progress.



The Pull Up Project



Each exercise has a link to the video demo on my website
www.theranchgym.co.uk

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Grip Tests

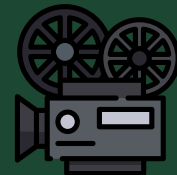
Test One : Dead hang



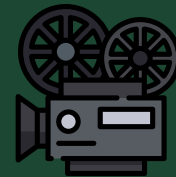
Test Two : Active hang



Test Three : Flexed arm hang



Test four: Max farmer hold



Rest 3-5 minutes between tests

Record your results in your progress tracker and re-test every 4 weeks

Pull Up Test

Pick the most advanced pull up variation you can do. Do not test ALL of these.

Lat Pull down for X
amount of reps at X weight



Or

Assisted Pull Ups



Or

Full Pull Up



Assisted negative (time in sec)



Or

Negative (time in sec).



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Top Tips

- Film your training
- Train close to failure on strength exercises
- Rest 2 minutes between sets
- Record your weight and reps every week
- Use a weight heavy enough you can't do more than 1-3 reps more than the given rep range
- In the training plan where it says "YV pull ups" it means Your Variation that you are able to do. E.g. band/bar assisted pull ups, negatives, or lat pull downs.
- Work on quality and control before adding too much weight or extra reps

FAQS

How long will it take to get my first pull up?

It depends on where you are at now in strength, skill, control, how often or how hard you train and recovery & supporting nutrition

Do I need to lose weight?

You are better off focusing on building incredible relative strength. Pulling up less overall weight might make a pull up easier but you still need to get strong.

What if I plateau or get stuck?

Make sure you are recovering between sessions and that you are not skipping steps too soon. It is okay to go “backwards” for a week for a mini deload then rebuild the following week.

Exercise Video Library

All links are also available from within the Pull Up Project Google Sheet

[Dead Hang](#)

[Seated Row](#)

[Active Hang](#)

[Bar Assist. Pull Up](#)

[Flexed Arm Hang](#)

[Chest Supported Row](#)

[Banded Negative](#)

[Inverted Row](#)

[Banded Pull Up](#)

[DB Hammer Curls](#)

[Ring Rows](#)

[Cable Bicep Curls](#)

[Lat Pull Down](#)

[Farmer Carry.](#)

[Hollow Hold](#)

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Get in touch for
Personal Training at
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