

RussianAllmighty's Guide to More Reps in Pull-ups

This program can be done with both, push-ups and pull-ups, however, with push-ups try to add more reps per day, 5 or 6 for example, since push-ups are an easier exercise, best of luck!

Week One (3 sets)

Monday	Tuesday	Wednesday	Thursday	Friday
5 reps	6 reps	7 reps	8 reps	9 reps
5 reps	6 reps	7 reps	8 reps	9 reps
5 reps	6 reps	7 reps	8 reps	9 reps

Week Two (3 sets)

Monday	Tuesday	Wednesday	Thursday	Friday
10 reps	11 reps	12 reps	13 reps	14 reps
10 reps	11 reps	12 reps	13 reps	14 reps
10 reps	11 reps	12 reps	13 reps	14 reps

Week three (3 sets)

Monday	Tuesday	Wednesday	Thursday	Friday
15 reps	16 reps	17 reps	18 reps	19 reps
15 reps	16 reps	17 reps	18 reps	19 reps
15 reps	16 reps	17 reps	18 reps	19 reps

Week four (3 sets)

Monday	Tuesday	Wednesday	Thursday	Friday
21 reps	22 reps	23 reps	24 reps	25 reps
21 reps	22 reps	23 reps	24 reps	25 reps
21 reps	22 reps	23 reps	24 reps	25 reps

Week Five (2 Sets)

Monday	Tuesday	Wednesday	Thursday	Friday
27 reps	29 reps	31 reps	33 reps	35 reps
27 reps	29 reps	31 reps	33 reps	35 reps

Week Six (2 Sets)

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

37 reps	39 reps	42 reps	44 reps	46 reps
37 reps	39 reps	42 reps	44 reps	46 reps

Week Seven (2 Sets)

Monday	Tuesday	Wednesday	Thursday	Friday
48 reps	50 reps	52 reps	54 reps	56 reps
48 reps	50 reps	52 reps	54 reps	56 reps

Week Eight (2 Sets)

Monday	Tuesday	Wednesday	Thursday	Friday
58 reps	60 reps	62 reps	64 reps	66 reps
58 reps	60 reps	62 reps	64 reps	66 reps

Week Nine (1 Set)

Monday	Tuesday	Wednesday	Thursday	Friday
69 reps	72 reps	75 reps	79 reps	82 reps

Week Ten (1 Set)

Monday	Tuesday	Wednesday	Thursday	Friday
85 reps	88 reps	91 reps	94 reps	97 reps

Week Eleven (1 Set)

Monday	Tuesday	Wednesday	Thursday	Friday
100reps	103reps	105 reps	108 reps	111reps

Week Twelve (1 Set)

Monday	Tuesday	Wednesday	Thursday	Friday
114reps	117reps	120 reps	123 reps	125reps