

PULL-UP TRAINING PROGRAM

Get above the bar by adding these exercises to your current training routine, created by trainer **Neghar Fonooni** for **YAHOO! HEALTH**

WEEK 1

DAY 1

INVERTED ROWS

Sit on the floor with secured bar above your chest. Grab the bar with an overhand grip, hands shoulder-width apart. Position your body so that your torso is hanging from the bar, your heels planted firmly on the floor. Pull your chest to the bar, pause, then slowly lower back down to start. (Change the bar height to make it easier or harder.) That's one rep. Do 3 sets of 10 reps.

PUSH-UPS

Get in a plank position on the floor with your hands slightly wider than shoulder-width apart and your shoulders and your body forming a straight line from head to heels. Bend your elbows to lower your chest toward the floor. Pause, then push back up to start. (To make easier, perform this move at an incline, with your hands on a bench.) That's one rep. Do 3 sets of 10 reps.

DAY 2

OVERHEAD BAR HANGS

Grab a high bar with an overhand grip, hands shoulder-width apart. Brace your entire body, then lift your feet to hang from the bar, arms extended, as long as you can. That's 1 rep. Perform 3.

UNDERHAND BAR HANGS

Grab a high bar with an underhand grip, hands shoulder-width apart. Your chin should be just over the bar. Brace your entire body, then lift your feet to hang from the bar, arms extended, as long as you can. That's 1 rep. Perform 3.

DAY 3

BARBELL BENT-OVER ROWS

Grab a barbell with an overhand grip, bend your knees and bend at the waist to lower your torso until your back is almost parallel to the floor and your arms are perpendicular to the floor. Then, while bracing your torso and keeping your elbows close to your body, lift the barbell toward your chest. Once the bar almost touches your chest, pause and then slowly lower back to start. That's 1 rep. Perform 3 sets of 10 reps.

HOLLOW BODY HOLDS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Hold for as long as possible. That's one rep. Perform 3.

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WEEK 2

DAY 1

INVERTED ROWS

Sit on the floor with secured bar above your chest. Grab the bar with an overhand grip, hands shoulder-width apart. Position your body so that your torso is hanging from the bar, your heels planted firmly on the floor. Pull your chest to the bar, pause, then slowly lower back down to start. (Change the bar height to make it easier or harder.) That's one rep. Do 4 sets of 10 reps.

PUSH-UPS

Get in a plank position on the floor with your hands slightly wider than shoulder-width apart and your shoulders and your body forming a straight line from head to heels. Bend your elbows to lower your chest toward the floor. Pause, then push back up to start. (To make easier, perform this move at an incline, with your hands on a bench.) That's one rep. Do 4 sets of 10 reps.

DAY 2

OVERHEAD BAR HANGS

Grab a high bar with an overhand grip, hands shoulder-width apart. Brace your entire body, then lift your feet to hang from the bar, arms extended, as long as you can. That's 1 rep. Perform 5.

UNDERHAND BAR HANGS

Grab a high bar with an underhand grip, hands shoulder-width apart. Your chin should be just over the bar. Brace your entire body, then lift your feet to hang from the bar, arms extended, as long as you can. That's 1 rep. Perform 5.

DAY 3

BARBELL BENT-OVER ROWS

Grab a barbell with an overhand grip, bend your knees and bend at the waist to lower your torso until your back is almost parallel to the floor and your arms are perpendicular to the floor. Then, while bracing your torso and keeping your elbows close to your body, lift the barbell toward your chest. Once the bar almost touches your chest, pause and then slowly lower back to start. That's 1 rep. Perform 4 sets of 10 reps.

V-UPS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Hold for as long as possible. That's one rep. Perform 4 sets of 5.

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WEEK 3

During weeks 3 and 4, you'll perform assisted chin-ups with an underhand grip. Once you master underhand grip, you can move on to overhand (pull-up) grip.

DAY 1

ASSISTED CHIN-UPS

Step up to an assisted pull-up machine and grab the bar with an underhand, shoulder-width grip. Then, kneel or step onto the assisting platform or bar. Keeping your core braced, pull your body up so that you elbows move down along the sides of your torso. When the bar reaches your collarbones and your chin is above the bar, pause, then slowly lower back down to start. That's one rep. Perform 3 sets of 10 reps.

HOLLOW BODY HOLDS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Hold for as long as possible. That's one rep. Perform 3.

INVERTED ROWS

Sit on the floor with secured bar above your chest. Grab the bar with an overhand grip, hands shoulder-width apart. Position your body so that your torso is hanging from the bar, your heels planted firmly on the floor. Pull your chest to the bar, pause, then slowly lower back down to start. (Change the bar height to make it easier or harder.) That's one rep. Do 2 sets of 10 reps.

DAY 2

ASSISTED CHIN-UPS

Step up to an assisted pull-up machine and grab the bar with an underhand, shoulder-width grip. Then, kneel or step onto the assisting platform or bar. Keeping your core braced, pull your body up so that you elbows move down along the sides of your torso. When the bar reaches your collarbones and your chin is above the bar, pause, then slowly lower back down to start. That's one rep. Perform 3 sets of 8 reps.

V-UPS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Hold for as long as possible. That's one rep. Perform 3 of 8 reps.

PUSH-UPS

Get in a plank position on the floor with your hands slightly wider than shoulder-width apart and your shoulders and your body forming a straight line from head to heels. Bend your elbows to lower your chest toward the floor. Pause, then push back up to start. (To make easier, perform this move at an incline, with your hands on a bench.) That's one rep. Do 2 sets of 10 reps.

DAY 3

ASSISTED CHIN-UPS

Step up to an assisted pull-up machine and grab the bar with an underhand, shoulder-width grip. Then, kneel or step onto the assisting platform or bar. Keeping your core braced, pull your body up so that you elbows move down along the sides of your torso. When the bar reaches your collarbones and your chin is above the bar, pause, then slowly lower back down to start. That's one rep. Perform 3 sets of 5 reps.

HOLLOW BODY ROCKS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Then, rock forward and backward, making sure to maintain the hollow body position. That's 1 rep. Perform 3 sets of 10 reps.

BARBELL ROW

Grab a barbell with an overhand grip, bend your knees and bend at the waist to lower your torso until your back is almost parallel to the floor and your arms are perpendicular to the floor. Then, while bracing your torso and keeping your elbows close to your body, lift the barbell toward your chest. Once the bar almost touches your chest, pause and then slowly lower back to start. That's 1 rep. Perform 2 sets of 10 reps.

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WEEK 4

DAY 1

ASSISTED CHIN-UPS

Step up to an assisted pull-up machine and grab the bar with an underhand, shoulder-width grip. Then, kneel or step onto the assisting platform or bar. Keeping your core braced, pull your body up so that your elbows move down along the sides of your torso.

When the bar reaches your collarbones and your chin is above the bar, pause, then slowly lower back down to start. Perform 1 set of 10 reps, then 9, 8, and 7 reps for a total of 4 sets.

HOLLOW BODY HOLDS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Hold for as long as possible. That's one rep. Perform 4.

INVERTED ROWS

Sit on the floor with secured bar above your chest. Grab the bar with an overhand grip, hands shoulder-width apart. Position your body so that your torso is hanging from the bar, your heels planted firmly on the floor. Pull your chest to the bar, pause, then slowly lower back down to start. (Change the bar height to make it easier or harder.) That's one rep. Do 2 sets of 15 reps.

DAY 2

ASSISTED CHIN-UPS

Step up to an assisted pull-up machine and grab the bar with an underhand, shoulder-width grip. Then, kneel or step onto the assisting platform or bar. Keeping your core braced, pull your body up so that your elbows move down along the sides of your torso.

When the bar reaches your collarbones and your chin is above the bar, pause, then slowly lower back down to start. Perform 1 set of 8 reps, then 1 of 7, 6, and 5 reps, for a total of 4 sets.

V-UPS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Hold for as long as possible. That's one rep. Perform 4 sets of 8 reps.

PUSH-UPS

Get in a plank position on the floor with your hands slightly wider than shoulder-width apart and your shoulders and your body forming a straight line from head to heels. Bend your elbows to lower your chest toward the floor. Pause, then push back up to start. (To make easier, perform this move at an incline, with your hands on a bench.) That's one rep. Do 2 sets of 15 reps.

DAY 3

ASSISTED CHIN-UPS

Step up to an assisted pull-up machine and grab the bar with an underhand, shoulder-width grip. Then, kneel or step onto the assisting platform or bar. Keeping your core braced, pull your body up so that your elbows move down along the sides of your torso.

When the bar reaches your collarbones and your chin is above the bar, pause, then slowly lower back down to start. Perform 1 set of 5 reps, then 1 of 4, 3, and 2 reps for a total of 4 sets.

HOLLOW BODY ROCKS

Lie down flat on your back with your arms and legs extended away from your body in one straight line. Squeeze your abs to pull your belly button toward the floor, and then slowly raise your shoulders and legs off of the floor. Balance on your low back. Then, rock forward and backward, making sure to maintain the hollow body position. That's 1 rep. Perform 4 sets of 10 reps.

BARBELL ROW

Grab a barbell with an overhand grip, bend your knees and bend at the waist to lower your torso until your back is almost parallel to the floor and your arms are perpendicular to the floor. Then, while bracing your torso and keeping your elbows close to your body, lift the barbell toward your chest. Once the bar almost touches your chest, pause and then slowly lower back to start. That's 1 rep. Perform 2 sets of 15 reps.

PULL-UP DAY

Test your unassisted pull-up on week 4, day 3, or rest 1 to 2 days and then test. Not there yet? Begin the following month with the same program, but increase weight and decrease assistance.