# The Pull-Up & Push-Up Workout Guide

Perform each workout once a week, with rest days between sessions.

Alternate exercises marked 'A' and 'B':
- Perform one set of 'A,' rest 1–2 minutes, then perform one set of 'B.'
- Repeat until all sets are complete.

Optional: Perform lower-body training on rest days or after pull-up and push-up workouts (up to three sessions weekly). Avoid additional upper-body training.

## Day I: Upper-Body Strength

### 1A. Feet-Elevated Push-Up

Sets: 5
Reps: As many as possible
Place your feet on a bench or elevated surface. Get into a push-up position with hands shoulder-width apart. Lower your chest until it's just above the floor.

### 1B. Chin-Up

Sets: 5
Reps: As many as possible
Hang from a chin-up bar with palms facing you. Pull yourself up until your chin is over the bar.

## Day II: Controlled Movements

### 1A. Neutral Grip Chin-Up

Sets: 4
Reps: 4 x 1.5
Use parallel handles or a V-grip bar on a chin-up bar. Pull up until your chin is over the bar, hold briefly, then lower halfway. Pull back up, then lower to a full hang.

### 1B. Close-Grip Push-Up

Sets: 4
Reps: 20-25
Position hands inside shoulder width. Keep your core tight and perform push-ups.

## Day III: Endurance & Strength

### Push-Up Countdown

Sets: 3
Reps: Countdown from 6
Perform six push-ups, then hold the bottom position for six seconds. Perform five push-ups, then hold for five seconds. Continue this pattern down to one rep.

### 1B. Sternum Chin-Up

Sets: 3
Reps: As many as possible
Hang with palms facing you. Lean back and pull your lower chest to the bar.

## Day IV: Volume Training

### Pull-Up

Sets: 6
Reps: 5
Hang with palms facing away and hands wider than shoulder width. Pull your chin over the bar.

### 1B. One-Leg Push-Up

Sets: 6
Reps: 10 per leg
Perform push-ups with one leg raised behind you. Alternate legs after 10 reps.