

2 Week Pull Up Challenge

Instructions: Start with the tension band you need to do 1-3 pull ups.
Reduce the tension band weight and/or increase the number of pull ups each day.

Monday - Day 1

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Tuesday - Day 2

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Wednesday - Day 3

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Thursday - Day 4

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Friday - Day 5

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Saturday - Day 6

Set 1: _____ Tns. Bnd Wt: _____ lbs

Set 2: _____ / _____ lbs

Set 3: _____ / _____ lbs

Sunday - Day 7

Rest Day

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Reduce the tension band weight and/or increase the number of pull ups each day. .

Monday - Day 8

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Tuesday - Day 9

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Wednesday - Day 10

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Thursday - Day 11

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Friday - Day 12

Set 1 Pull-Ups: _____

Tension Band Weight: _____ lbs

Add'l Set 2: _____ / _____ lbs

Add'l Set 3: _____ / _____ lbs

Total: _____

Saturday - Day 13

Set 1: _____ Tns. Bnd Wt: _____ lbs

Set 2: _____ / _____ lbs

Set 3: _____ / _____ lbs

Sunday - Day 14

Rest Day

PROGRESS:

First Day: _____ / _____ lbs

Last Day: _____ / _____ lbs

Total Pull Ups in 2 weeks: _____

GREAT JOB!