

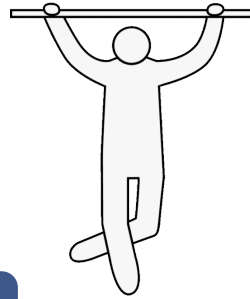
# Roadmap to Pullup...ville

[www.FeinMovement.com](http://www.FeinMovement.com)

There are many good ways to learn a pullup.  
Page 2 has the simplest one.

## Why pullups?

- They're awesome, duh.
- Shoulder strength and flexibility
- Grip strength
- Convenient to do anywhere you can hang



**\*But you can accomplish these things with other tools, so let's only get after the pullup if you want to. Does the project EXCITE you?**

## What...is a pullup?

Tough bodyweight exercises can feel binary. You have to go from NO pullup to YES pullup. But just like you can add pounds to your squat, you can *gradually* add to your pulling strength. **A pullup is simply pulling down with enough force to move your body up.**

So instead of saying "0" pullups, we could say you can pull with \_ pounds of force. If we gradually move that number up, then at some point you'll go from 0 to 1 pullups, and it'll feel like magic.

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## One Exercise

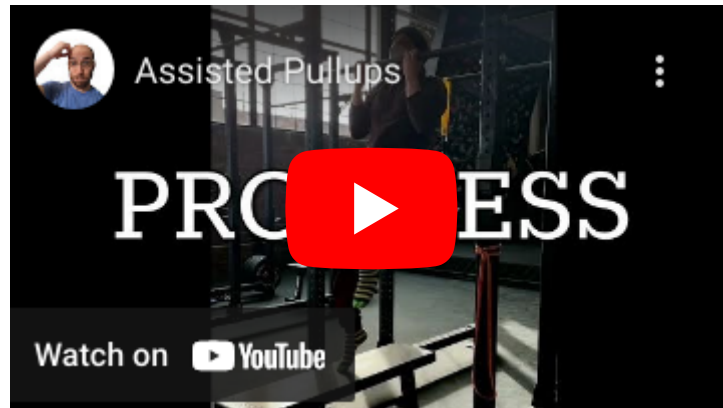
For **STRENGTH**, we ask:

What's the best setup to strengthen pullup muscles?

For **SKILL**, we ask:

How close can you get to the movement itself?

What if the same exercise can help us build the strength AND skill we need?!  
**Enter: the Feet-Assisted Pullup.**



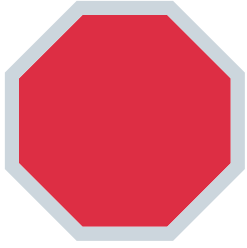
## How many?

Not sure how much to do? Here's a useful starting point for many people:

- **2-3 sets**
- **3-6 repetitions**
- **2-3x/week.**

\*When you're able to do several sets of 6, start making each rep harder by using the feet less. You can even let them float for parts of the movement!

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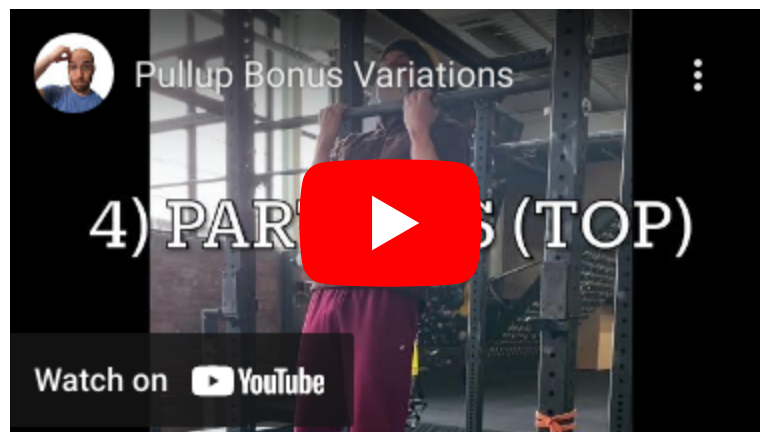
**Before reading more, consider this: you probably already have enough information!**  
3-6 Feet-Assisted Pullups, 2-3 sets, 2-3x/week.  
Try it, and see if you can make progress!

But if you want more details, here they are:

## Details

- **Warmup:** If you get warm first, you'll pull stronger. If you don't want to, you might not do your most intense sets and that's okay too.
- **Rest** at least 90 seconds between sets.
- Seek **micro-progressions:** adding one rep to one set, using your feet a tiny bit less, pulling a tiny bit higher, etc.
- If you seem to be making ANY progress, keep going. Moving in the right **direction** is far more important than how fast you're going.

## Bonus Variations



# Good luck!

**How helpful was this for you, 0-10?**

**Please let me know how I can make it closer to a 10.**

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