

The Definitive Guide To The Armstrong Pull Up Program: Explode Your Upper Body Strength

In the world of fitness, there are numerous exercises that promise to improve your strength, endurance, and overall physique. However, few exercises can rival the effectiveness and simplicity of the pull-up. The pull-up is a compound exercise that engages multiple muscle groups simultaneously, making it an ideal choice for individuals looking to build upper body strength. If you are aiming to conquer the pull-up and enhance your upper body capabilities, then the Armstrong Pull Up Program is your secret weapon for success.

What is the Armstrong Pull Up Program?

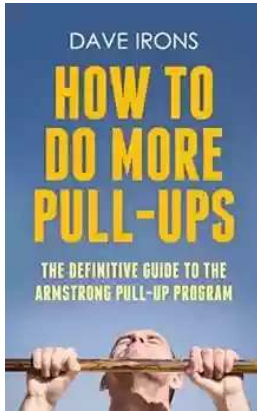
The Armstrong Pull Up Program is a renowned training regimen designed to help individuals increase their pull-up performance by using a structured approach. Developed by Major Charles Lewis Armstrong, a former Marine Corps officer and renowned fitness expert, the program provides a step-by-step guide to strengthen your upper body and achieve remarkable results in the pull-up exercise.

Why Should You Try the Armstrong Pull Up Program?

1. **Effective Muscle Development:** The Armstrong Pull Up Program specifically targets the muscles involved in performing pull-ups, such as the back, biceps, and shoulders. By following the program, you can expect significant muscle gains and improved upper body strength.

How To Do More Pull-ups: The Definitive Guide to the Armstrong Pull-up Program

by Betty G. Yee(Kindle Edition)



★ ★ ★ ★ ☆	4.3 out of 5
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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2. Structured Approach: Unlike other pull-up training methods, the Armstrong Pull Up Program offers a systematic approach that gradually challenges your muscles and allows for proper rest and recovery. This strategic progression helps you avoid plateaus and sustain long-term progress.

3. Adaptability: The program is suitable for individuals of various fitness levels. Whether you are a beginner who cannot perform a single pull-up or an experienced athlete looking to break personal records, the Armstrong Pull Up Program can be tailored to your specific needs and goals.

The Components of the Armstrong Pull Up Program

The Armstrong Pull Up Program consists of four key components:

1. Initial Test

Before starting the program, it is crucial to determine your baseline pull-up capacity. This initial test helps you establish a starting point and track your progress throughout the program.

2. Two-Day Training Split

The program is divided into two training days per week, typically Mondays and Thursdays. Each training day focuses on specific exercises and rep ranges to ensure balanced strengthening of the target muscle groups.

3. Pyramid Sets

A key feature of the Armstrong Pull Up Program is the use of pyramid sets. During these sets, you gradually increase the number of pull-ups performed in each set until you reach a peak, and then gradually decrease the repetitions. This method challenges your muscles and enhances endurance.

4. Grease the Groove Technique

The program also incorporates the Grease the Groove technique, which involves performing pull-ups throughout the day at submaximal effort. By practicing pull-ups frequently, your muscles adapt to the exercise, leading to improved strength and efficiency.

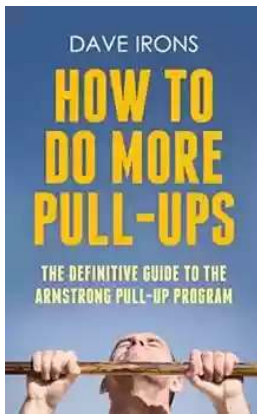
Tips for Success

1. **Consistency is Key:** To achieve optimal results, it is crucial to follow the program consistently. Skipping workouts or deviating from the recommended exercises can hinder your progress.
2. **Monitor Your Progress:** Keep track of your pull-up performance by recording the number of repetitions and sets completed during each workout. Regularly reassess your strength and adjust the program accordingly.
3. **Rest and Recovery:** Allow your muscles adequate time to recover between training sessions. Overtraining can lead to injuries and hinder your progress.

4. Proper Form: Pay attention to your form while performing pull-ups. Engage the correct muscles and avoid using momentum or swinging motions to ensure effective results.

Whether you are an aspiring athlete or someone looking to enhance their upper body strength, the Armstrong Pull Up Program is a tried-and-tested methodology to achieve remarkable results in the world of pull-ups. By following the program's systematic approach and incorporating essential components such as pyramid sets and the Grease the Groove technique, you can efficiently increase your pull-up performance and transform your upper body strength. So, why wait? Get started on your journey towards pull-up domination today!

PRE-ARMSTRONG PULL-UP PROGRAM					
Day 1	Day 2	Day 3	Day 4	Day 5	Rest
PYRAMID	RECOVERY	MAX DAY	RECOVERY	TRAINING SETS	REST DAYS
<p>□ 3 Max Pushup Sets</p> <p>Pyramid sets of pull-up substitutes of 1, 2, 3, 4, 5, etc. until missed set.</p> <p>Then one max set.</p> <p>Additional Workouts: 3 max grip hangs</p> <p>Any Row</p> <p>Rest 10 seconds for each pull-up in last set.</p>	<p>Stretch/Yoga</p>	<p>□ 3 Max Pushup Sets</p> <p>Five max effort sets of pull-up substitutes</p> <p>Additional Workouts: One max plank Any Bicep Curl</p> <p>Rest 90 seconds</p>	<p>Stretch/Yoga</p>	<p>□ 3 Max Pushup Sets</p> <p>Max number of training sets of pull-up substitutes</p> <p>Additional Workouts: 3 max grip hangs</p> <p>Any Row</p> <p>Rest 60 seconds</p>	
TRACK IT	TRACK IT	TRACK IT	TRACK IT	TRACK IT	
<p>Make tick marks for each pull-up, total after final max effort set.</p> <div style="border: 1px solid black; width: 100px; height: 100px; margin: 5px 0;"></div> <p>Total: _____</p> <p>Grip Hangs: _____</p> <p>Row: _____</p>		<p>Set 1 _____</p> <p>Set 2 _____</p> <p>Set 3 _____</p> <p>Set 4 _____</p> <p>Set 5 _____</p> <p>Total _____</p> <p>Plank _____</p> <p>Curls: _____</p>		<p>Pull-ups per Training Set: _____</p> <p>Training Sets Successfully Completed: _____</p> <p>Total Pull-ups per Workout: _____</p> <p>Grip Hangs: _____</p> <p>Row: _____</p>	



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Read the message below.

ATTN: Do You Want To Do More Pull-ups?

Don't worry. It's a rhetorical question. You're reading these words so of course you want to do more pull-ups. That's perfectly natural though. Knocking out a dozen or more pull-ups is a great ego boost that also:

- Builds strength. You're lifting your entire bodyweight, after all. It's no easy feat and your body is quick to adapt to the newfound stress.
- Gives you a muscular upper-body. Not just your arms either. Every muscle in your upper-body gets worked — shoulders, back, chest.
- Prepares you for the real world. Because pull-ups provide functional strength. They're not purely for show. You're able to use this strength.

But this all leads to the obvious question: how can you do more pull-ups? What precise training program should you follow to manage more reps and build more

strength?

DISCOVER: How To Do More Pull-ups

When I first started training pull-ups, I'd do as many pull-ups as I could, rest for five minutes, and repeat that process two more times. That'd be my workout session. This is the simple way to train but there's a problem:

It stopped working.

And it stopped working quite quickly. I made a few weeks of decent progress — but nothing remarkable — and then I hit a wall. Seemingly no matter how hard I pushed myself, I wasn't able to lift my bodyweight anymore. All of my other training was going well — I was lifting weights three times a week — but the pull-ups wouldn't budge.

After months of minimal progress, I discovered the system that I'm about to share with you today — a system that, while simple, is much more sophisticated than what I was doing.

INSIDE: The World's Greatest Pull-up Training Program

Here's what you'll find inside this book:

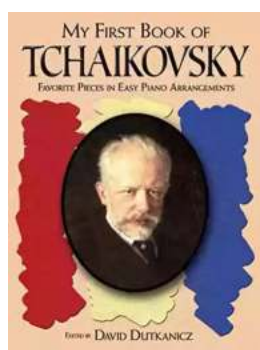
- The foundations of how strength and muscle is built.
- How ANYONE can do pull-ups (even if you have no upper-body strength).
- Important tips and tricks for any strength training program.
- The pull-up program itself, developed by a world record winning Marine.
- How you can repeat your success with this program again and again.

So download the Kindle sample and let's get started.



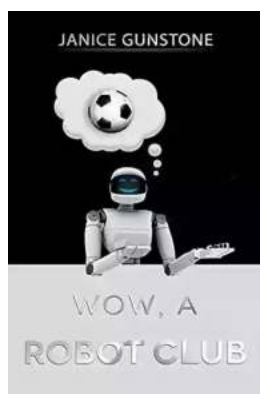
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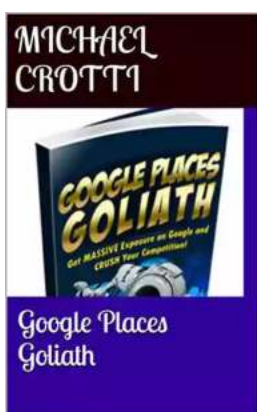
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