

# GAULTON FITNESS

Pull-Up Workout Plan



FREE TRIAL



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# INTRODUCTION

So, after purchasing this plan I'm going to assume you would like to know how to do a Pull-Up. I mean who wouldn't want to do a Pull-Up, not only does it look cool but can also be super effective for the next steps, what we can do with the body AFTER learning the Pull-Up.

My name is Harry, Personal Trainer of Gaulton Fitness and within this Plan, I'm going to take you, Step by Step, on how to perform the perfect Pull-UP.





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# WHAT IS A PULL-UP?

A Pull-Up is an upper-bodyweight strength exercise in which the body uses a closed chain movement where you're suspended by the hand, gripping on to a handlebar or other implements alike at a distance typically wider than shoulder width apart and pulled up. The muscles in which are being worked consist of:

## Agonist – Main Muscle

- Latissimus Dorsi

## Antagonistic – Secondary Muscles

- Rhomboids + Trapezius
- Biceps
- Deltoids (Posterior, Medial and Anterior)
- Triceps (Long-head)
- Erector Spinae
- Abdominals

When performing the movement, the elbows flex and the shoulders adduct and extend to bring the elbows to the torso, ensuring the chin then reaches above the handlebar at the top position of the movement.





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# LEVELS OF A PULL-UP

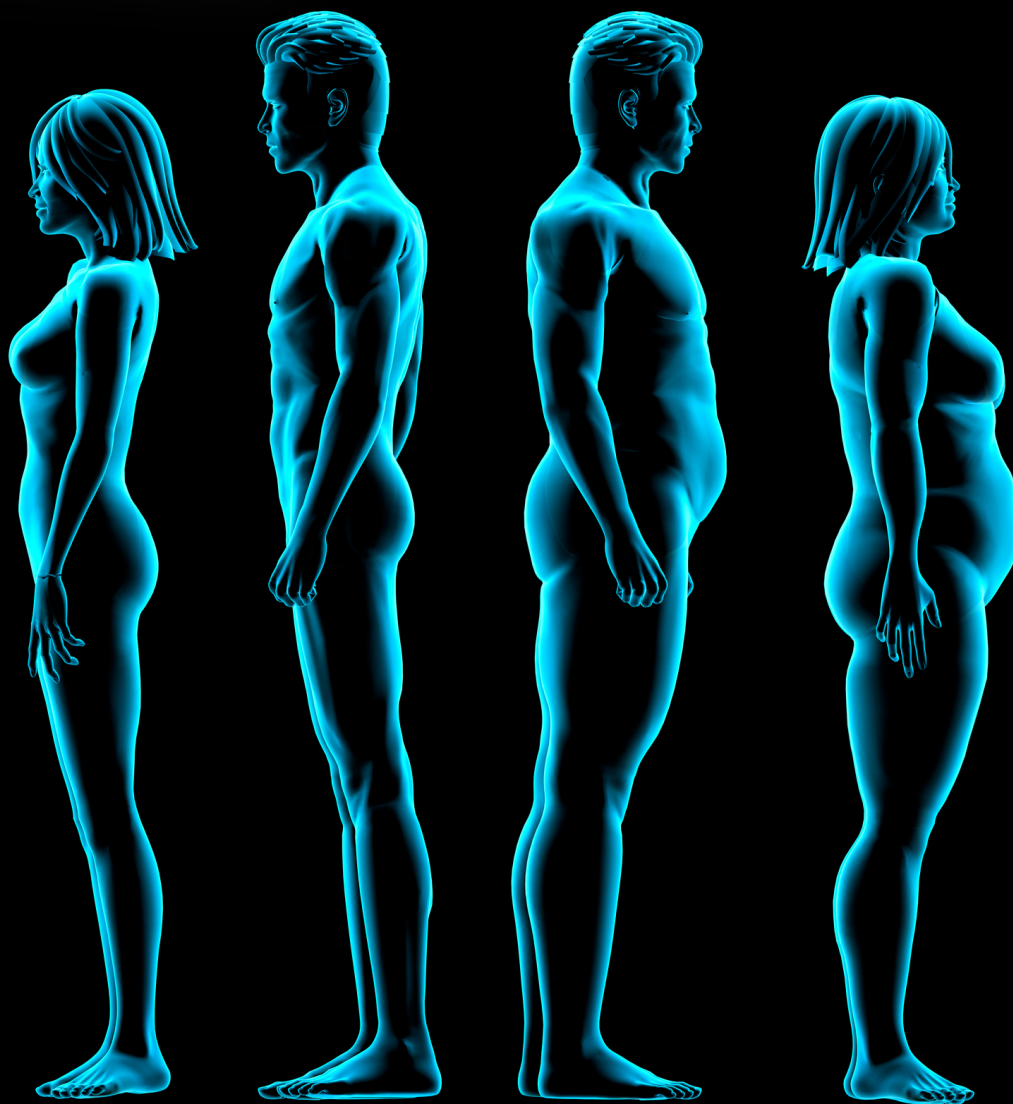
LEVELS	REPS	EFFORT
Beginner	1-4	+80%
Intermediate	4-8	+80%
Advanced	8-12	+80%
Elite	12+	+80%

\* Effort level is calculated in terms of your 1RM [1 Rep Max], 100% being your 1RM



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# BODY TYPES



Body Types, why do we need to know this? It's scientifically proven in sports that a smaller person also known as a 'Ectomorph' is more capable of lifting their own bodyweight than it is for a larger person 'Endomorph'. How? Because it all comes down to the weight of an individual. Working specifically to complete a Pull-Up as an 'Endomorph' or 'Ectomorph' may require Weight Training beforehand.

In this Plan you will also receive an in depth workout plan to help tackle any obstacles that you may encounter when trying to perform a Pull-Up.



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# WANT TO FIND OUT MORE?

Purchase the 'First Steps' program for  
only £10!

Includes all the movements to help  
progress into a Pull-Up!

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Contact me for further information via my socials page on Page 3.