

## DOUBLE YOUR MAX PULLUPS

These are a true BS detector. You either have the strength for a strong set of pullups, or you don't. All men should aim to do at least five pullups, says Joel Martin of George Mason University in Fairfax, Virginia.

**THE PLAN:** Test your max pullups at start. Complete each of the 3 workouts below once a week for 4 to 6 weeks, then retest.

### WORKOUT 1

**Weighted Pullup.** Use a small (4 to 8 kg/9 to 18 lb) weight attached to a belt. Do 5 sets of 5 reps.

**Chin-Over-Bar Hold.** 20–30 seconds on, then rest 1 minute. Repeat twice.

**Hanging L-Sit Hold.** 20–30 seconds on, then rest 1 minute. Repeat twice.

### WORKOUT 2

#### Supinated Grip Chest-to-Bars

**Pullup.** With palms facing in, do 3 sets, going 1 or 2 reps shy of failure. Rest 2 minutes between sets.

**Toes-to-Bar.** With soft knees and legs comfortably straight, do 3 sets of 6 or 10 reps, resting 1 minute between sets. Can be scaled with knees-to-elbows.

**Suitcase Carry.** Using a dumbbell or kettlebell  $\frac{1}{4}$  to  $\frac{1}{2}$  your body weight, walk with weight in right hand for 30 seconds, rest 2 minutes, and switch.

### WORKOUT 3

**Pullup.** Do 5 sets of half of your max reps. (So if your max was 6 pullups, do sets of 3 reps). Rest 2 minutes between sets.

**Single-Arm Dumbbell Row.** Using a moderate to heavy weight, do 3 sets of 8 to 10 reps on each side. Rest 1 minute between arms.

**Hollow Body Hold.** Hold for 30 to 45 seconds. Repeat twice.

**Pullup Bar Hang.** With arms straight, hang for 45 to 60 seconds, then rest 1 minute. Repeat twice. Can be substituted with 15- to 20-second single-arm hangs.

Keep core engaged and toes pointed during pullups. This helps keep abs engaged and conserves energy.