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 ⅛ to ⅙ 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 6 to 8 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.

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