

BETTER BIOFEEDBACK PULL-UP PROGRAM

INTRODUCTION

The Better Biofeedback Pull-up Program is intended to double the number of pull-ups you can do in the shortest amount of time possible. To do that you're going to train smarter, not harder, using biofeedback.

To perform a biofeedback test using a toe touch range of motion:

1. Place your feet together in a way that you can repeat easily every time.
2. Put your hands on your thighs and slowly bend forward, stopping at the very first sign of tension anywhere in your body.
3. Note the position of your fingertips on your legs, shoes, or the ground.
4. Next, perform a few repetitions of the movement you want to test, such as a standard pull-up. Using resistance is not necessary to test the movement.
5. Again place your feet together in the same position as before and slide your hands down your legs, stopping at the first sign of tension.
6. If your range of motion is greater than before, that movement tests well. If your range of motion is less than before, you should avoid that movement for the moment.

For a more in-depth look at biofeedback testing in action, check out this YouTube video: http://youtu.be/XAMC_k3DAgQ Remember, the toe touch test works for all movements and positions, I happen to be demonstrating it here with a deadlift.

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THE PROGRAM

You will train every day that the movements test well, but you are welcome to take 1 to 2 days off every week. On a training day you will test out 3 movements: pull-ups (palms facing away), chin-ups (palms facing you), and neutral grip chin-ups (palms facing each other, if available.) Select the best testing movement, and skip training the movement if none of them tests better than your baseline.

1. Start a timer before the first set.
2. On your first working set, do as many reps as possible — stopping before any elements of effort, especially loss of speed or excessive tension. Each rep should look like the first. It's crucial that you stay below maximal effort.
3. After each set, immediately test your range of motion and record the reps achieved. Continue performing sets of the tested pull-up variation as long as your range of motion does not decrease.
4. When your range of motion decreases, or you hit any kind of PR in total volume, volume in a certain amount of time (density), reps per set, or any other measurable personal best, stop the working sets. Stop your timer and record your workout information.

Run this program and testing procedure for 4 weeks, then take a couple days off and re-test your maximum effort best.

A few notes on using this method of training:

- ⊕ Each pull-up variation is a distinct movement; each of them should have their PRs recorded separately. You may not necessarily see your reps go up in all of them at the same time. You will naturally see some variability, and you can expect that some days you will do fewer reps. But if you track your reps and total time used for the movement, it is likely that you will see a PR every day in at least one metric.