

negative pull-ups

30-DAY CHALLENGE



© darebee.com

1 2 negative pull-up 1 negative pull-up 1 negative pull-up up to 2min rest	2 10sec dead hang 2 sets in total up to 2min rest	3 2 negative pull-ups 2 negative pull-up 1 negative pull-up up to 2min rest	4 10sec dead hang 2 sets in total up to 2min rest	5 2 negative pull-ups 2 negative pull-ups 2 negative pull-up up to 2min rest
6 10sec dead hang 3 sets in total up to 2min rest	7 3 negative pull-ups 1 negative pull-ups 1 negative pull-ups up to 2min rest	8 10sec dead hang 3 sets in total up to 2min rest	9 3 negative pull-ups 2 negative pull-ups 1 negative pull-up up to 2min rest	10 10sec dead hang 4 sets in total up to 2min rest
11 3 negative pull-ups 2 negative pull-ups 2 negative pull-ups up to 2min rest	12 10sec dead hang 4 sets in total up to 2min rest	13 4 negative pull-ups 2 negative pull-ups 1 negative pull-up up to 2min rest	14 15sec dead hang 3 sets in total up to 2min rest	15 4 negative pull-ups 2 negative pull-ups 2 negative pull-ups up to 2min rest
16 15sec dead hang 3 sets in total up to 2min rest	17 4 negative pull-ups 3 negative pull-ups 2 negative pull-up up to 2min rest	18 15sec dead hang 4 sets in total up to 2min rest	19 5 negative pull-ups 3 negative pull-ups 1 negative pull-ups up to 2min rest	20 15sec dead hang 4 sets in total up to 2min rest
21 5 negative pull-ups 3 negative pull-ups 2 negative pull-up up to 2min rest	22 20sec dead hang 3 sets in total up to 2min rest	23 5 negative pull-ups 3 negative pull-ups 3 negative pull-ups up to 2min rest	24 20sec dead hang 3 sets in total up to 2min rest	25 6 negative pull-ups 3 negative pull-ups 2 negative pull-ups up to 2min rest
26 20sec dead hang 4 sets in total up to 2min rest	27 6 negative pull-ups 3 negative pull-ups 3 negative pull-ups up to 2min rest	28 20sec dead hang 4 sets in total up to 2min rest	29 6 negative pull-ups 4 negative pull-ups 3 negative pull-ups up to 2min rest	30 30sec dead hang 3 sets in total up to 2min rest