GoalTodo

Do your first full pull-up, from a dead hang to chin over the bar

Do your first pull-up

20 weeks · Mon, Nov 30 → Sun, Apr 18

Week by week

Tick a box each time you do a session.

Nov 30–Dec 6
Week 1

Find your numbers

Test day

- [ ] Test: warm up for about five minutes, then hang from the bar with straight arms, feet off the floor and shoulders set down
  one hang for as long as you can hold good shoulders; write down the seconds, even if it's 2
- [ ] Test: inverted rows under a sturdy table or a low bar
  one set of as many good reps as you can, chest to the edge or bar each time; write the number down
- [ ] Supported hangs: hang with your feet on a sturdy step or chair taking some of your body
  3 holds of 10 seconds, resting a minute between
- [ ] Inverted rows
  2 sets of 5, slow and controlled

Done when: You've written down your hang time and your row number, and done Thursday's session

Sticking point: If your hands give out before anything else, that's normal at the start. Shorter holds with more rests are fine.

Dec 7–13
Week 2

Hangs, rows and your first scapular pulls

Learn the moves

- [ ] Dead hangs
  3 holds of 10 seconds, feet off the floor if you can, otherwise with a step taking some of your body
- [ ] Inverted rows
  2 sets of 8, resting a minute or two between sets
- [ ] Scapular pulls
  2 sets of 5, with your feet on the step taking some of your body

Done when: You do 3 hangs of 10 seconds (supported is fine) and 2 sets of 8 rows in both sessions

Sticking point: A scapular pull is a small move. Your elbows stay straight, your shoulders slide down away from your ears, and your body rises an inch or two.

Dec 14–20
Week 3

Fifteen-second hangs

Build

- [ ] Dead hangs
  3 holds of 15 seconds, using the step less than last week
- [ ] Inverted rows
  3 sets of 8
- [ ] Scapular pulls
  2 sets of 6

Done when: You do 3 hangs of 15 seconds and 3 sets of 8 rows in both sessions

Dec 21–27
Week 4

Lighter Monday, then retest

Easier week and retest

- [ ] Easy session: hangs, scapular pulls and rows
  2 easy sets of each, well short of your limit
- [ ] Test: warm up for about five minutes, then hang from the bar with straight arms, feet off the floor and shoulders set down
  one hang for as long as you can hold good shoulders; write down the seconds
- [ ] Test: inverted rows under a sturdy table or a low bar
  one set of as many good reps as you can, chest to the edge or bar each time; write the number down

Done when: You've retested and written down your new hang time and row number

Sticking point: Compare with week 1. Small gains count. Grip often improves first.

Dec 28–Jan 3
Week 5

Twenty-second hangs

Build

- [ ] Dead hangs
  3 holds of 20 seconds, resting a minute or two between. If your latest test was under 30 seconds, let the step take a little of your weight
- [ ] Inverted rows
  3 sets of 10
- [ ] Scapular pulls
  3 sets of 6, feet off the floor if you can

Done when: You do 3 hangs of 20 seconds (supported is fine) and 3 sets of 10 rows in both sessions

Jan 4–10
Week 6

Longer hangs, more rows

Build

- [ ] Dead hangs
  3 holds of 25 seconds, using the step less than last week
- [ ] Inverted rows
  3 sets of 12
- [ ] Scapular pulls
  3 sets of 8, feet off the floor

Done when: You do 3 hangs of 25 seconds (with as little help from the step as you need), 3 sets of 12 rows and 3 sets of 8 scapular pulls in both sessions

Sticking point: If your shoulders creep up towards your ears near the end of a hang, end the hang there. That's the end of a good one.

Jan 11–17
Week 7

Longer hangs again

Repeat week

- [ ] Dead hangs
  3 holds of 25 seconds, feet off the floor if you can
- [ ] Inverted rows
  3 sets of 12
- [ ] Scapular pulls
  3 sets of 8, feet off the floor

Done when: You do 3 hangs of 25 seconds, with your feet off the floor for as much of each as you can, 3 sets of 12 rows and 3 sets of 8 scapular pulls in both sessions

Jan 18–24
Week 8

Lighter Monday, then retest

Easier week and retest

- [ ] Easy session: hangs, scapular pulls and rows
  2 easy sets of each, well short of your limit
- [ ] Test: warm up for about five minutes, then hang from the bar with straight arms, feet off the floor and shoulders set down
  one hang for as long as you can hold good shoulders; write down the seconds
- [ ] Test: scapular pulls from a full hang, feet off the floor
  one set of as many good reps as you can; write the number down
- [ ] Test: inverted rows under a sturdy table or a low bar
  one set of as many good reps as you can, chest to the edge or bar each time; write the number down

Done when: You've hung for at least 20 seconds with your feet off the floor and written down your numbers

Sticking point: Not at 20 seconds yet? Do two more weeks of 25-second hangs, rows and scapular pulls, then retest. The plan page moves your date.

Jan 25–31
Week 9

Add slow negatives

Build

- [ ] Dead hangs
  3 holds of 20 seconds, resting a minute or two between. If 20 seconds is close to your limit, let the step take a little of your weight
- [ ] Scapular pulls
  3 sets of 8
- [ ] Inverted rows
  3 sets of 10; walk your feet further forward or straighten your legs to make them harder
- [ ] Slow negatives from a sturdy chair or step, keeping one foot resting on it at first to take some of your weight
  3 single lowers, each taking at least 3 seconds, resting a minute between

Done when: You do 3 slow lowers of at least 3 seconds in both sessions, without dropping. Lower with no help from your foot only once a supported lower feels smooth

Sticking point: Step down from the chair to start each lower again. Never drop to the floor from the top: lower all the way to straight arms, then step down.

Feb 1–7
Week 10

Four slow lowers

Build

- [ ] Dead hangs
  3 holds of 25 seconds
- [ ] Scapular pulls
  3 sets of 10
- [ ] Inverted rows
  3 sets of 10, at your harder setting
- [ ] Slow negatives from a sturdy chair or step, with less help from your foot, or none once your lowers are smooth
  4 single lowers, each taking 3 to 5 seconds, resting a minute between

Done when: You do 4 slow lowers of 3 to 5 seconds in both sessions, without dropping, with little or no help from your foot

Feb 8–14
Week 11

Four slow lowers again

Repeat week

- [ ] [ ] Dead hangs
  3 holds of 25 seconds
- [ ] [ ] Scapular pulls
  3 sets of 10
- [ ] [ ] Inverted rows
  3 sets of 10, at your harder setting
- [ ] [ ] Slow negatives from a sturdy chair or step, with less help from your foot, or none once your lowers are smooth
  4 single lowers, each taking 3 to 5 seconds, resting a minute between

Done when: You do 4 slow lowers of 3 to 5 seconds in both sessions, without dropping, with little or no help from your foot

Feb 15–21
Week 12

Lighter Monday, then retest

Easier week and retest

- [ ] Easy session: hangs, scapular pulls and rows
  2 easy sets of each, well short of your limit
- [ ] Test: warm up for about five minutes, then hang from the bar with straight arms, feet off the floor and shoulders set down
  one hang for as long as you can hold good shoulders; write down the seconds
- [ ] Test: one slow negative: step up from a sturdy chair so your chin is over the bar, then lower yourself as slowly as you can
  one lower, timed from chin over the bar to straight arms; write down the seconds

Done when: You've retested your hang and timed one slow negative, and written both down

Feb 22–28
Week 13

Longer lowers

Build

- [ ] Dead hangs
  2 holds of 30 seconds
- [ ] Scapular pulls
  3 sets of 10
- [ ] Inverted rows
  3 sets of 12, at your harder setting
- [ ] Slow negatives from a sturdy chair or step
  5 single lowers, each taking about 5 seconds, resting a minute between
- [ ] Top holds: step up so your chin is over the bar and hold
  3 holds of 5 seconds

Done when: You do 5 lowers of about 5 seconds in both sessions, under control all the way down

Sticking point: If a lower speeds up halfway, that's the hardest part of the pull for you. Slow down there on the next one.

Mar 1–7
Week 14

Sets of slow lowers

Build

- [ ] Dead hangs
  2 holds of 30 seconds
- [ ] Scapular pulls
  3 sets of 10
- [ ] Inverted rows
  3 sets of 12, at your harder setting
- [ ] Slow negatives from a sturdy chair or step
  2 sets of 3 lowers, each taking about 5 seconds, with a short step-down between lowers and two minutes between sets
- [ ] Top holds: step up so your chin is over the bar and hold
  3 holds of 10 seconds

Done when: You do both sets of slow lowers in both sessions, each one about 5 seconds

Mar 8–14
Week 15

Sets of slow lowers again

Repeat week

- [ ] [ ] Dead hangs
  2 holds of 30 seconds
- [ ] [ ] Scapular pulls
  3 sets of 10
- [ ] [ ] Inverted rows
  3 sets of 12, at your harder setting
- [ ] [ ] Slow negatives from a sturdy chair or step
  2 sets of 3 lowers, each taking about 5 seconds, with a short step-down between lowers and two minutes between sets
- [ ] [ ] Top holds: step up so your chin is over the bar and hold
  3 holds of 10 seconds

Done when: You do both sets of slow lowers in both sessions, each one about 5 seconds

Mar 15–21
Week 16

Lighter Monday, then retest

Easier week and retest

- [ ] Easy session: hangs, scapular pulls and rows
  2 easy sets of each, well short of your limit
- [ ] Test: one slow negative: step up from a sturdy chair so your chin is over the bar, then lower yourself as slowly as you can
  one lower, timed from chin over the bar to straight arms; write down the seconds
- [ ] Test: after a short rest, one try at a full pull-up from a dead hang
  one go; write down how far you got (a quarter, half, nearly)

Done when: You've lowered yourself under control from the top in at least 5 seconds and written your numbers down

Sticking point: Lowering in under 5 seconds? Do two more weeks of sets of slow lowers and top holds, then retest and move your date.

Mar 22–28
Week 17

Assisted pull-ups

Build

- [ ] Assisted pull-ups: one foot on a sturdy chair, pushing as little as you can (or a resistance band, if you have one)
  3 sets of 3 to 5, resting a minute or two between sets
- [ ] Slow negatives from a sturdy chair or step
  2 sets of 3, each lower taking 5 to 8 seconds
- [ ] Scapular pulls
  2 sets of 10
- [ ] Inverted rows
  2 sets of 12

Done when: You do 3 sets of at least 3 assisted pull-ups, chin over the bar each time, in both sessions

Sticking point: Push with your foot just enough to keep each rep smooth and controlled. Use a little more help if you need it to finish a rep without swinging.

Mar 29–Apr 4
Week 18

Less help from your foot

Build

- [ ] Assisted pull-ups: one foot on a sturdy chair, pushing as little as you can (or a resistance band, if you have one)
  3 sets of 5, with less help from your foot than last week
- [ ] Slow negatives from a sturdy chair or step
  2 sets of 3, each lower taking 5 to 8 seconds
- [ ] Top holds: step up so your chin is over the bar and hold
  2 holds of 10 seconds
- [ ] Inverted rows
  2 sets of 12

Done when: You do 3 sets of 5 assisted pull-ups with less help than last week, in both sessions

Apr 5–11
Week 19

Your last big week

Peak

- [ ] Assisted pull-ups: one foot on a sturdy chair, pushing as little as you can (or a resistance band, if you have one)
  3 sets of 5, with the least help you can manage, resting a minute or two between sets
- [ ] Slow negatives from a sturdy chair or step
  2 sets of 3, each lower taking 5 to 8 seconds
- [ ] Easy session: hangs, scapular pulls and 2 slow negatives
  2 easy sets of each, well short of your limit

Done when: You finish Monday's sets with good form and keep Thursday easy

Sticking point: Resist testing yourself this week. Fresh arms on the day matter more than one extra session.

Apr 12–18
Week 20

Your first pull-up

Finish line

- [ ] Easy session: hangs, scapular pulls and 2 slow negatives
  2 easy sets of each, well short of your limit
- [ ] Your first pull-up: warm up for about five minutes, do 5 scapular pulls, then try a full pull-up from a dead hang
  up to 3 tries, resting two or three minutes between them

Done when: You pull from a dead hang with an overhand grip until your chin clears the bar, without kicking or swinging, and lower yourself under control

Sticking point: Not today? Write down how close you got, rest two or three days and try again. If it still isn't there, repeat the last three weeks and move your date. Missing it on the day doesn't mean the weeks didn't work.

How to do a pull-up

A pull-up means hanging from a bar with your palms facing away from you and pulling yourself up until your chin clears the bar, then lowering yourself back down. Here's how to do one well.

1. Check the bar. It should be high enough that you can hang with straight arms without your feet touching the ground, as Cleveland Clinic advises. Give it a firm tug with your feet on the floor before you hang from it.

2. Grip. Reach up and hold the bar with your hands a little wider than your shoulders, palms facing away, thumbs wrapped around the bar.

3. Start from a dead hang. Arms fully straight, feet off the floor. You can bend your knees or cross your ankles to keep still.

4. Set your shoulders. Pull your shoulders down and back, away from your ears, before you pull. ACE (the American Council on Exercise) says to hold this position throughout the move.

5. Pull. Breathe out and pull your elbows down towards your sides, keeping your body still and upright. Don't swing or kick.

6. Chin over the bar. Keep pulling until your chin passes above the bar.

7. Lower under control. Breathe in and lower yourself slowly until your arms are straight again. That's one.

Form cues to remember: shoulders down before you pull, elbows to your sides, chest towards the bar, no swinging, and all the way down to straight arms between reps. A rep only counts from a dead hang to chin over the bar.

Pull-up or chin-up?

They're the same move with a different grip.

▪ Pull-up: palms facing away from you (an overhand grip), hands a little wider than your shoulders. This plan's finish line is a pull-up.

▪ Chin-up: palms facing you (an underhand grip), hands about shoulder-width apart. Cleveland Clinic says this grip lets your elbows bend more and works more of your biceps and upper chest.

If you can already do a chin-up, the third level below gets you from a chin-up to a pull-up.

You'll also see the kipping pull-up, where you swing your legs to throw yourself up. A Cleveland Clinic physical therapist warns that kipping can be a common cause of arm and shoulder injuries, and advises against it until your strict pull-up form is solid. This plan sticks to strict pull-ups.

Can't do one yet? The steps to your first pull-up

If you can't do a pull-up yet, you build up to it one piece at a time, and each step is easier than a full pull-up. This ladder, and the times and reps in the weeks, are our own design, built on the strength rules the NHS and Better Health give.

1. Dead hang. Hang from the bar with straight arms and your shoulders set down, and hold. It builds your grip and gets your shoulders used to hanging. If you can't hold your body yet, put your feet on a sturdy step or chair so it takes some of the load (a supported hang).

2. Scapular pulls. From a dead hang, keep your elbows straight and pull your shoulders down away from your ears, so your body rises an inch or two. Lower back to the hang. It's a small move, and it teaches the first part of every pull-up.

3. Inverted rows. Lie on your back under a sturdy table, or under a low bar at a park or gym at about waist height. Hold the edge or the bar with your hands a little wider than your shoulders, keep your body straight, and pull your chest up to it. Bent knees make it easier. Straight legs, or a lower bar, make it harder. A table must be heavy and solid enough that it can't tip or slide: if in doubt, use a bar.

4. Slow negatives. Stand on a sturdy chair or step so your chin is already over the bar, take your feet off, and lower yourself as slowly as you can until your arms are straight. Then put your feet back down. At first, keep one foot resting on the chair to take some of your weight, and lower without it once that feels smooth. You can also jump up to the top instead of stepping. You can often lower yourself under control before you can pull yourself up, and it practises the same movement.

5. Top holds. From the chair, hold yourself with your chin over the bar for a few seconds.

6. Assisted pull-ups. Rest one foot on a chair behind you and do full pull-ups, pushing with that foot only as much as you need. A resistance band looped over the bar, under one foot or knee, does the same job if you already have one, but you don't need to buy one.

7. Your first full pull-up, from a dead hang, with no help.

The NHS asks for muscle-strengthening activity on at least 2 days a week, and Better Health suggests building to two to three sets of 8 to 12 reps. That's why rows and scapular pulls build towards 3 sets of 10 to 12 before the plan moves on.

How the plan works

Two pull-up sessions a week: the plan uses Monday and Thursday, so each session has at least two rest days after it. Tuesday and Friday, or any two days with a gap, work just as well.

Week 1 is a test day. Warm up, then test how long you can hang, how many rows you can do and, on the later levels, how slowly you can lower yourself. Write the numbers down.

You retest every four weeks, after an easier Monday. Your new numbers tell you whether you're ready for the next step.

Repeat weeks give your body time to catch up. A shorter plan leaves some of them out, but never a test week or the last weeks before your pull-up.

Each week has a "done when". Tick it, then move on. If you can't yet, repeat the week. A rep only counts if your shoulders stay set and you're in control.

Be honest with yourself about time. The lengths here are our own design, built on the NHS advice to start gradually and build up over a period of weeks. Better Health says most beginners get stronger quickly at first, then level off. So expect the later weeks to feel slower, and expect to repeat a week or two. The plan page moves your date when you do.

This plan is about what you can do, not how you look. It makes no promises about changing your body.

Which level to pick

Do one honest test first: hang from the bar with straight arms and your feet off the floor, and time how long you can hold it with your shoulders set down.

- I can't hang from a bar for 20 seconds: you start with supported hangs, rows and scapular pulls, and build up to slow negatives and assisted pull-ups. 20 weeks.
- I can hang but can't pull up yet: you can hold a dead hang for 20 seconds or more, but can't pull your chin over the bar. You start with scapular pulls, rows and slow negatives. 14 weeks.
- I can do a chin-up but not a pull-up: you can pull up with your palms facing you, but not with them facing away. You start with overhand negatives and assisted pull-ups. 8 weeks.

If you're between two, pick the earlier one. Starting a little easy costs you nothing, and every later week builds on the earlier ones.

Before you start

Speak to a GP or doctor first if you haven't exercised for some time, you have a medical condition or a worry about your health, or you've had an injury to your shoulders, elbows, wrists or neck.

Warm up for about five minutes before every session, as Better Health advises: a brisk walk, some arm circles and a few easy rows.

Check your bar every time. Better Health says to use only safe, well-maintained equipment, because faulty equipment raises your risk of injury. Pull down on the bar hard with your feet still on the floor before you hang. A doorway bar needs a solid door frame and must be fitted the way its instructions say. A park bar should be firm, with nothing loose.

Check your chair or step. Use a solid one that can't tip, fold or roll: never an office chair on wheels.

Pull-ups aren't a whole workout. They train your back, shoulders and arms. The NHS suggests working all the major muscle groups, including your legs, hips and stomach, on at least 2 days a week. The Get strong plan covers those, and you can do it alongside this one.

Gear

Only a bar, and you may already have access to one.

- A bar you can hang from: a doorway bar at home, a bar at a park or playground fitness area, or a bar at a gym. It should be high enough that your feet don't touch the ground when you hang.
- Something to row from: a heavy, sturdy table at home, or a low bar at a park or gym at about waist height.
- A sturdy chair or step for supported hangs, negatives and assisted pull-ups.
- A resistance band is optional. If you already have one, you can use it for assisted pull-ups. A chair does the same job.
- A notebook or the notes on your phone for your test numbers.

Rest days and recovery

▪ Leave at least a day, ideally two, between pull-up sessions. Better Health says each muscle needs at least 48 hours of recovery time.

▪ Don't add extra pull-up days, even on a good week. The rest is when you get stronger.

▪ Rest a minute or two between sets, longer before a test or a first-pull-up try.

▪ Easy movement on rest days is fine: a walk, a bike ride or your other training. If you're also on the Build up to 100 push-ups plan, the two fit together well, since one pushes and the other pulls.

▪ The easier Monday before each retest is part of the plan. Keep it easy. You test better with fresh arms.

Warning signs: when to stop

Stop the session if you feel pain in your shoulders, elbows, wrists or neck, any sharp or sudden pain, or you feel unwell. Tired arms and a tired grip at the end of a set are expected. Joint pain isn't. Better Health says not to train through an injury: stop and seek medical advice.

▪ Shoulder or elbow pain that lasts: rest from hanging and pulling, and see a GP, doctor or physiotherapist. The NHS says to get medical help if shoulder pain doesn't start feeling better after 2 weeks.

▪ Get urgent medical help the same day for sudden or very bad shoulder pain, if you can't move your arm, or if you have pins and needles that won't go away or no feeling in your arm. In the UK, ask for an urgent GP appointment or contact NHS 111.

▪ Other tingling or pins and needles in your hands or arms: stop training and see a GP or doctor. The NHS says to see a GP if pins and needles keeps coming back or lasts a long time.

▪ Don't diagnose it yourself. A doctor or physiotherapist can tell you what's going on and when to restart. In many parts of the UK, you can refer yourself to NHS physiotherapy without seeing a GP first.

When you come back, start a step or two easier than where you stopped, and build up again.

Common mistakes

▪ Half reps. Starting with bent arms, or stopping with your chin below the bar, doesn't count. Go all the way down to straight arms every time.

▪ Shrugging. If your shoulders ride up to your ears, set them down and back before the next rep.

▪ Swinging and kicking. Keep your body still. Bend your knees or cross your ankles if it helps.

▪ Dropping from the top of a negative. Lower all the way to straight arms, then step down.

▪ Testing every session. Test every four weeks, after the easier Monday, not whenever you feel strong.

▪ Rushing the ladder. Every step is there because the next one needs it. Move on when the week's "done when" is ticked.

Your first pull-up, and after

▪ Keep Monday of your last week easy, and rest on Tuesday, Wednesday and Thursday.

▪ Warm up for about five minutes and do a few scapular pulls.

▪ Set your shoulders from a dead hang, then pull until your chin clears the bar. Lower yourself under control.

▪ Give yourself up to three tries, with two or three minutes' rest between them. Ask someone to watch, or film it, so you know your chin went over.

▪ Stop at any joint pain. If it doesn't go up today, write down how close you got, rest two or three days and try again.

After your first pull-up, keep two sessions a week. Add a second rep, then a third, with slow negatives and rows to fill out the session. Keep your other strength training going too: the Get strong plan covers your legs and the rest of you.

If you fall behind

Missed 1 week: Carry on with the week you're on. Don't add an extra session to catch up: keep the rest days between pull-up days.

Missed 2 weeks: Repeat the last week you finished in full, then carry on. If that runs past your date, leave out a repeat week, never a test week or the last two weeks.

Missed 3 weeks: Go back to your last easier week and retest. Use your new numbers and pick up from the build week you can do with good form.

Missed 4 or more weeks: Do a fresh test, choose the level and week that match what you can do today, and enter a new date on the plan page to see if it's realistic.

Sources

Cleveland Clinic
`https://health.clevelandclinic.org/pull-ups`
“Make sure the bar is at the appropriate height. It should be high enough that you can jump up and hang from it without touching the ground.”

Cleveland Clinic
`https://health.clevelandclinic.org/pull-ups`
“Exhale as you slowly lift your chest up so that your chin passes above the bar.”

Cleveland Clinic
`https://health.clevelandclinic.org/pull-ups`
“Chin-ups use an underhand grip that allows greater elbow flexion, working more of your biceps and upper chest.”

American Council on Exercise (ACE)
`https://www.acefitness.org/resources/everyone/exercise-library/191/pull-ups/`
“Depress and retract your scapulae (pull shoulders back and down) and attempt to hold this position throughout the exercise.”

American Council on Exercise (ACE)
`https://www.acefitness.org/resources/everyone/exercise-library/191/pull-ups/`
“Continue pulling upward until your chin is level with the bar or your hands.”

American Council on Exercise (ACE)
`https://www.acefitness.org/resources/everyone/exercise-library/191/pull-ups/`
“Pause momentarily then slowly return to your starting position by allowing your arms to extend back overhead until your arms are fully extended.”

Better Health Channel (Victoria State Government)
`https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-health-benefits`
“Increase the frequency of workouts, keeping in mind that each muscle needs at least 48 hours of recovery time.”

Better Health Channel (Victoria State Government)
`https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-health-benefits`
“Your aim is to gradually increase to two to three sets for each exercise – comprising eight to 12 reps, every second or third day. Once you can comfortably complete 12 reps of an exercise, you should look at progressing further.”

Better Health Channel (Victoria State Government)
`https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-health-benefits`

"Most beginners experience a rapid increase in strength, followed by a plateau or levelling-out of strength improvements."

Better Health Channel (Victoria State Government)
`https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-preventing-injury`
"Before doing your strength training exercises, you need to warm up for about five minutes."

Better Health Channel (Victoria State Government)
`https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-preventing-injury`
"Only use safe and well-maintained equipment. Faulty equipment will significantly increase your risk of injury."

Better Health Channel (Victoria State Government)
`https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-preventing-injury`
"Don't try to train through an injury. Stop your workout immediately and seek medical advice."

NHS
`https://www.nhs.uk/live-well/exercise/how-to-improve-strength-flexibility/`
"You should try to do muscle strengthening exercises on at least 2 days a week."

NHS
`https://www.nhs.uk/live-well/exercise/how-to-improve-strength-flexibility/`
"Remember to start gradually and build up over a period of weeks."

NHS
`https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/`
"Speak to your GP first if you have not exercised for some time, or if you have medical conditions or concerns."

NHS
`https://www.nhs.uk/symptoms/shoulder-pain/`
"Get medical help if it does not start feeling better after 2 weeks."

NHS
`https://www.nhs.uk/symptoms/shoulder-pain/`
"In many areas you may be able to get help, such as physiotherapy, from NHS community musculoskeletal (MSK) services without needing a referral from a GP."

NHS
`https://www.nhs.uk/symptoms/pins-and-needles/`
"Everyone can get pins and needles but see a GP if you keep getting it or it lasts a long time."

NHS
`https://www.nhs.uk/symptoms/shoulder-pain/`
"you have pins and needles that do not go away"

This plan online	`https://goaltodo.com/first-pull-up`
Reach it with others on Welang	`https://welang.com/goals`
Reach it on your own in HourLife	`https://www.hourlife.com`

This plan is a guide, not medical advice. See a doctor before starting if you have a health condition, are pregnant, or haven't exercised in a long time.