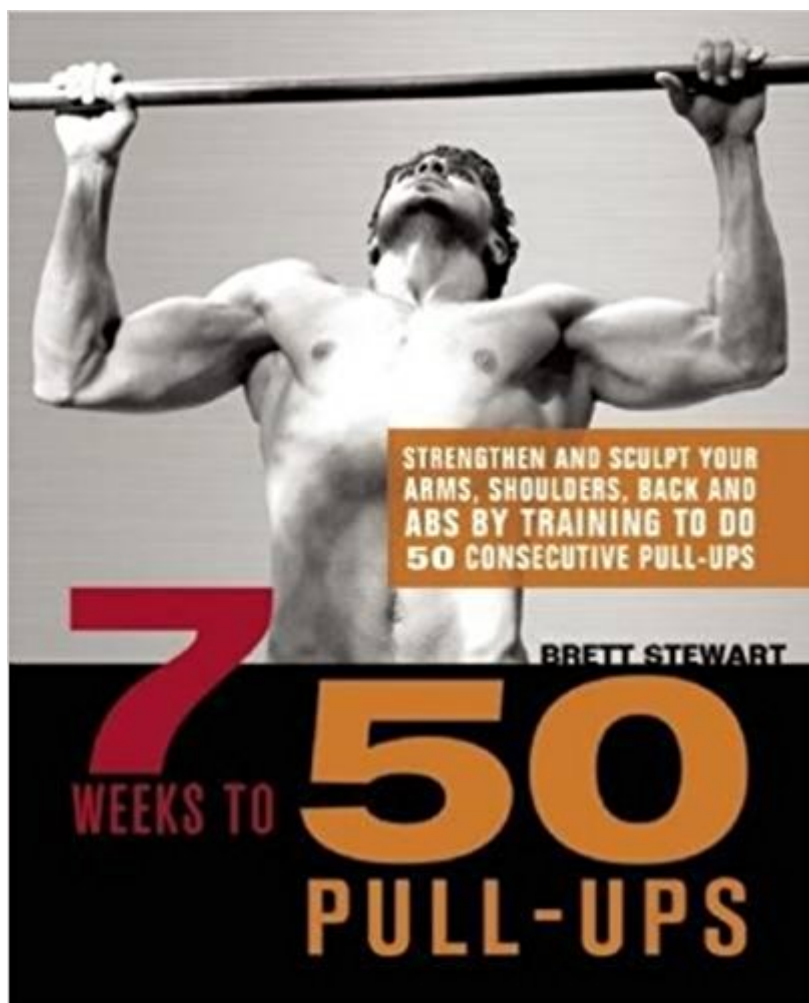


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# 7 Weeks To 50 Pull-Ups: Strengthen And Sculpt Your Arms, Shoulders, Back, And Abs By Training To Do 50 Consecutive Pull-Ups



## Synopsis

ARE YOU READY FOR THE ULTIMATE STRENGTH CHALLENGE? Follow the 7-week program in this book and you'll massively increase your strength, muscle tone and overall fitness to such an extreme that you'll be able to do 10, 20 or even an amazing 50 consecutive pull-ups! Offering several field-tested, day-by-day plans, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to expand their strength-training options. Packed with clear charts and helpful photos, *7 Weeks to 50 Pull-Ups* tells you everything you need to know about the ultimate strength-building exercise and includes:

- Instructions on how to do a perfect pull-up
- Easy-to-follow progressive training programs
- Challenging pull-up variations

## Book Information

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## Customer Reviews

Brett Stewart is a personal trainer and writer. He lives in Phoenix, AZ.

I have completed the 100 push ups in 7 weeks in the same series, and found the pushup title to be more truthful and possible. I went from about 40 to 102 in 7 weeks so I did prove to myself that I could do it. So I bought this book with similar hopes. . . . First, 0 to 50 in 7 weeks is probably impossible. I started at 6 and ended up with 16 after 7 weeks; I also found that the jumps in weeks are almost impossible. Consider that in Week 4 there are sets of 8, 10, 6, 6, 2; then 11, 6, 8, 6, 2; and then finally 10, 10, 10, 2. A hard week for most people; however, the jump to Week Five is very steep: 10, 9, 9, 7, 6; then 11, 10, 9, 7, 5; and finally 14, 12, 11, 7. In week 4 about 32 pull ups a session, in week 5 about 41--10 seems like a large amount to bridge in one week (I won't give any

more of the program away so don't ask because I do believe that the author has a right to sell his program). At week 5 I never did get to the final set; I hit 14, 12, 9, 6 after two weeks of repeating the week. So now that we know 50 in 7 weeks is difficult, if not impossible, why not re-title the book to be honest. I think that 7 months to 50 pull ups, might be possible, if you insist on keeping the 7, but a year would be more realistic; you could divide up the lesson plans into months where the goal is the next increment of 5 or 10. Three weeks on, one week rest/taper with a final pull up test at the end. Something like: 10, 20, 30, 35, 40, 45, and finally 50. Maybe I'll write the next version of this book because the above sounds like an honest and legit idea to me. I'm starting my own program tomorrow.

Pull ups are a great exercise. I can do at least 10-12 in one set, but wanted to improve my performance so I got this book. Turns out the plan to achieve 50 pull ups is just doing more pull ups (which is fine, but not too realistic). From one week to another you pass from doing 10 to doing 15. As someone who has done pull ups for a long time, this is not too realistic at all. You need to do some other workouts, for example strengthen your forearms, etc. Do not recommend this book.

I'm over 50 years old and have worked out for years, and generally could do over 20 pull ups before I got the book. There are two seven week programs, the first one is for beginners (build the base) and then the second one which may take you up to 50 pull ups. I started with the second program, and while doing it at first I wasn't convinced this was going to improve my pull up numbers because it was too simple, but none the less it was a well designed program with progressive overload. At the end I did 38 pull ups (the most I ever did in one set), and I was confident I could have broke 40, but I felt a twinge in my bicep and made a call to stop to prevent injury. I'll do the program again next year and shoot for 50 reps, but the bottom line this book is worth the investment for both experienced and novice fitness buffs (if you follow the program).

I was eagerly looking forward to the program because I wanted to get my pullup strength back. I completed P90X a couple of years ago and my biggest strength loss since then was in pullups. I took the test at the beginning of the book and did 7 pullups which put me in Phase 1. However I was unable to complete the week 1 day 1 workout. I came close but no cigar. I did exactly as the book specified (do nothing on the off days, only do the pullup program 3 days a week, wait at least 60 seconds between sets). Finally after 2 solid weeks I was able to get through the Week one day 1 program. It has taken me another 2 weeks and I still can't get all the way through week 1 day 2 ,

even when waiting 90 seconds between sets. So I am 4 weeks into the program and still trying to get through week 1. I am wondering if because I am older (I am 53) that I need more recovery days. I am going to stick with the program, I just think the title is very misleading. UPDATE July 29, 2011-- After 7 weeks of the Phase 1 7 week program, I never made it past week 1 , day 2. After 7 weeks of this, I can now do 9 pullups. I am happy with the improvement and feel stronger but my improvement is miniscule compared to what others (especially the author!) have achieved. It is going to take a lot more than 7 more weeks (if ever) to get me to 15. This is an example of not everyone responding identically to the same program. It is not a bad program (hence my 3 star review) but be aware that your results may vary.

Stewart's Training Plan is the reason I bought this book. In the Kindle version, it is impossible to READ the Plan. The daily practice charts are sideways with words in tiny font. They are not print, but image files that cannot be enlarged or turned. If you cannot see the Plan, the book is utterly useless. Because I am still hopeful that the Plan is a good one, I have now bought the paperback too--and I'm waiting weeks for it to arrive. I certainly hope it's worth it. The Kindle version was a waste of money! Fair warning: DO NOT BUY THE KINDLE VERSION OF THIS BOOK.

Overall not a bad book but maybe my being able to already do 11 or so at a time is why. Most of the workouts in the book are doable if you have a fairly "ok" baseline strength level, but after getting to week four day three I'm stuck and after repeating it four times (the whole week not the one day) I am taking a break from the program to see if other methods will perhaps bring me back to this a little bit more able to hit the mark as this book offers no in depth ideas as how to break a plateau in the program.

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