



Challenge
yourself in
August 2026

310 Pull-Ups Challenge

Your fundraising guide



CANCER
RESEARCH
UK

Together we are
beating cancer

Ready, set, pull-up!

Simple steps to get your challenge started.



Spread the word

Let everyone know about your challenge and encourage others to join in too.



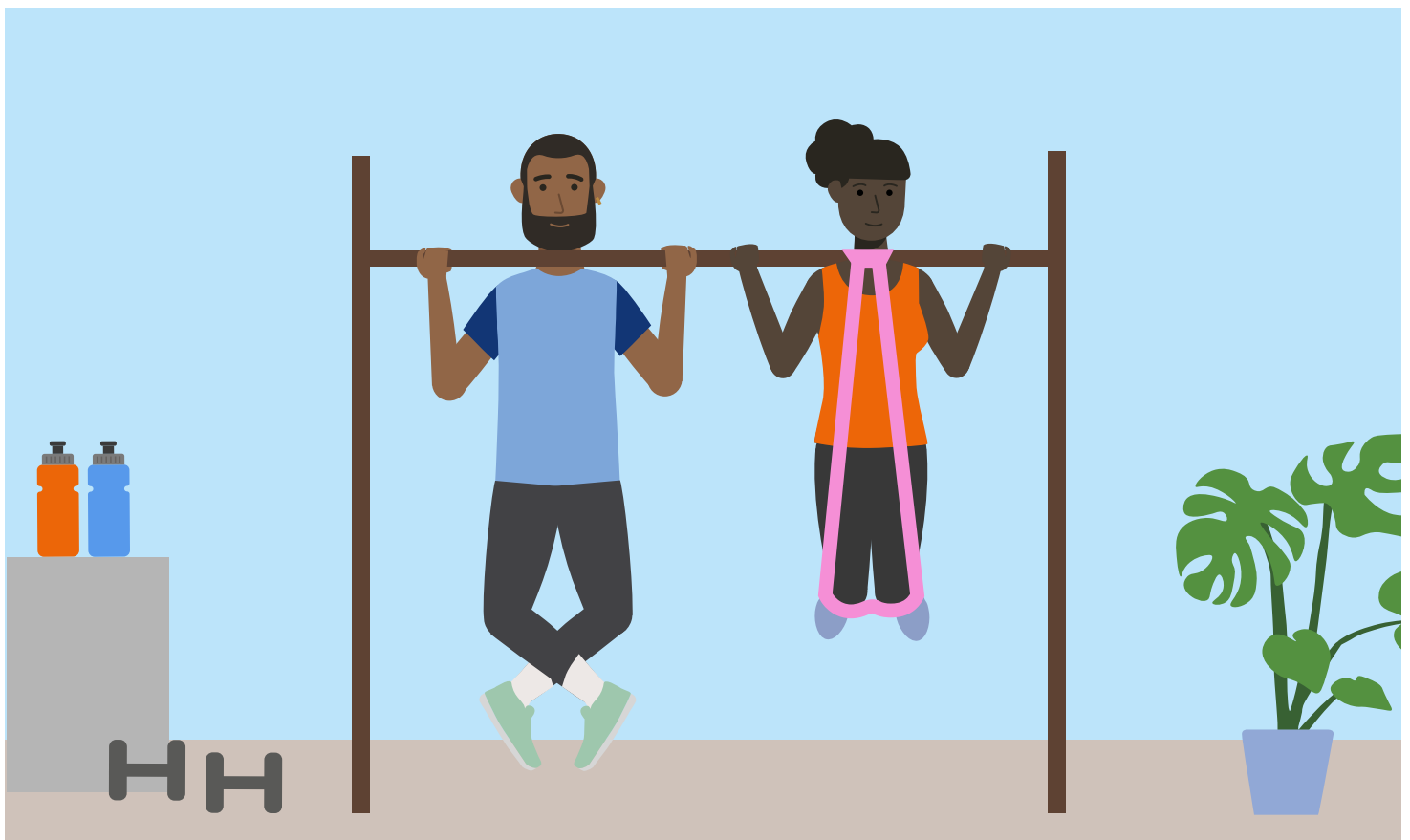
Plan your month

Think about how you'll manage 310 pull-ups across the month. You could do 10 a day, or more at weekends or just whenever you get a spare moment.



Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.





Fundraising ideas

We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

Kickstarters



Set a target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can more than double your sponsorship.

Make the first move

Show potential supporters that you're committed by making a contribution to your own online Giving Page to kick off donations.

Tell your story

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and a thank you to your lovely donors!



At work



Ask your employer

Completing 310 pull-ups across the month will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

Let your colleagues know

Send an email to your work colleagues to let them know you're doing 310 pull-ups across August to help fund life-saving research.

Tip: why not add your online Giving Page link to your email signature?

Promote your fundraising on Facebook

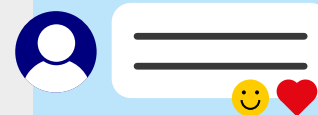
1

Post a photo in your free Cancer Research UK tech t-shirt



2

Post your online Giving Page link in the comments.
More people will see it this way!



3

Tag three friends who might like to take part with you



Join our Facebook community

Meet other supporters completing the challenge, share top tips and motivate each other through the month by joining our [310 Pull-Ups Challenge Facebook](#)



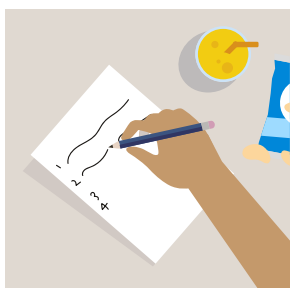
Fundraising boosters

Use these ideas to give your fundraising a lift and smash your target.



Film a video

Video yourself doing your pull-ups to let friends and family know you're supporting Cancer Research UK and share across your social media.



Host a quiz

Host a quiz and ask for a donation for tickets. You could make some questions fitness related to remind people of your challenge!



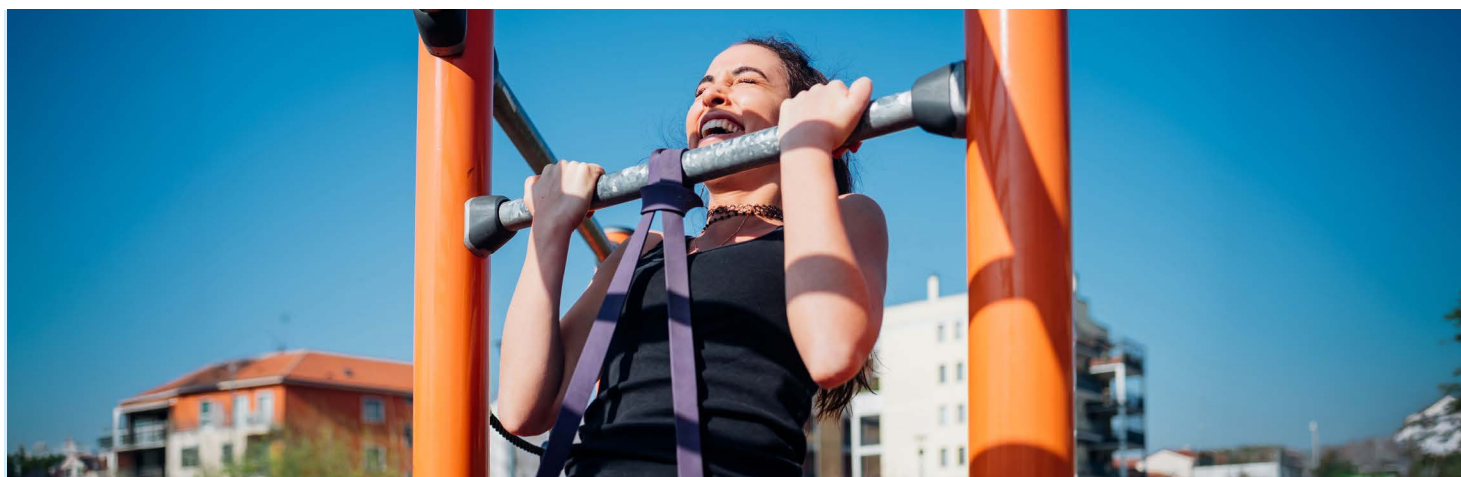
Dinner party

Your workouts need fuel, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next set of pull-ups.



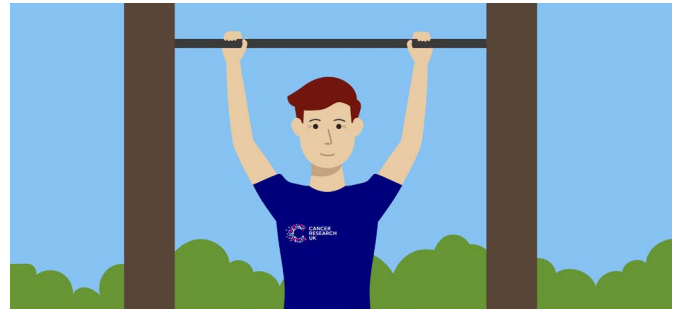
Wrap-up event

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations.

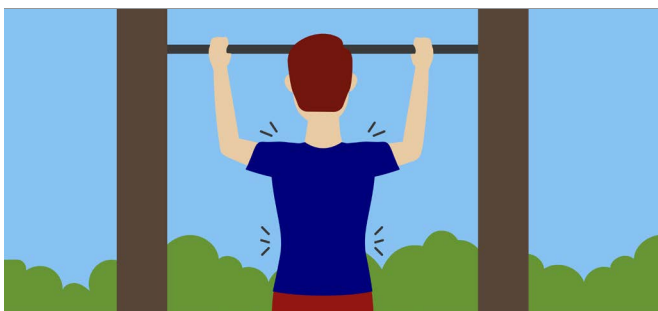


How to do a pull-up

To reduce the risk of injury and to make sure you complete your pull-ups safely, check out the tips below on how to use the correct form.



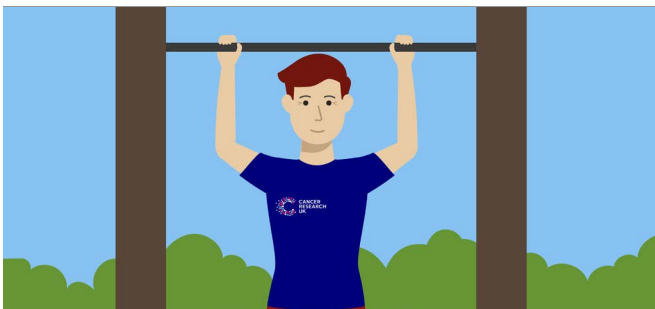
1. Start to hang from the bar with your arms fully extended and legs suspended. To help you evenly distribute your weight, you can also cross your legs together.



2. Engage your core and squeeze your shoulder blades together, slowly pulling yourself up.



3. Keep going until your chin is over the bar, then hold this position for a moment.



4. Lower yourself in a slow and controlled manner.



5. Repeat for as many reps as is comfortable.

Alternative pull-up form

Trying different pull-up variations can be a great way to ease yourself into completing the full 310, target different muscles and keep your challenge fresh. Whether you mix it up or stick to a favourite form, use whichever works best for you. Why not try some of the suggested variations?

When completing your pull-ups, always make sure to use a sturdy and securely installed pull-up bar. If you have a health condition or have any concerns about your risk of injury, speak to your GP before taking part.

Puregym: Pull-up exercises

The Gym Group UK: How to do pull-ups

310 Pull-Ups Challenge Training guide



Adapt for your fitness level

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge to suit you. However you choose to tackle 310 pull-ups across the month, you'll be helping us to power progress.

Ease your way in

Gradually build up the number of pull-ups you complete in each go throughout the month. Why not start by using resistance bands to reduce your weight and make your pull-ups easier?

Make a plan

Use your challenge calendar to plan where and when you'll be completing your 310 pull-ups, whether that's all in one go or split throughout the day.

Team up

Doing your pull-ups in a group will inspire you to complete more than you might on your own. Whether you complete the pull-ups together or individually, encourage others to join in the challenge too!



Fuel your growth

Make sure you're keeping strong for your sets by eating a healthy and nutritious diet. For more information, visit [cruk.org/diet](https://www.cruk.org/diet)

Get the gear

To reduce the risk of injury, a sturdy and securely installed pull-up bar is essential to complete your pull-ups safely. Whether you're doing them at the gym, in the park or at home, you can use pull-up stations or try wall or door-mounted pull-up bars.

Keep hydrated

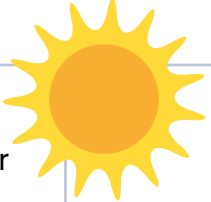




Make sure you drink enough water before and after your pull-ups.





310 Pull-Ups Challenge Calendar

Keep track of your pull-ups
in August 2026

							<p>Lets go! Time to start your pull-ups.</p> 	1	2
							<p>One week down! You're smashing it!</p>	3	4
5	6	7	8	9			10	11	
							<p>You're halfway! Keep going!</p> 	12	13
14	15	16	17	18	19	20	21	22	
								23	
<p>Only one week to go.</p>				<p>Keep going, you're nearly there!</p> 				24	
25	26	27	28	29			30	31	
<p>You've done it! Now rest your arms, hero.</p> 									



310 Pull-Ups Challenge Totaliser



.....

is doing 310 pull-ups
this August to help
support life-saving
cancer research.

Donate to their online
Giving Page to help
them smash their target.

Your online Giving Page URL

.....

Visit cruk.org/310pullups



Cancer Research UK is a registered charity in
England and Wales (1089464), Scotland (SC041666),
the Isle of Man (1103) and Jersey (247).

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

310 Pull-Ups Challenge Sponsorship form



Please make sure you fill out each section accurately and in full.

If any of your sponsors would like to add Gift Aid to their donation, please encourage them to donate online where they'll be given the option to include Gift Aid during the process.

Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.

Your details

Title: _____ First name: _____ Last name: _____

Address: _____

Postcode: _____ Telephone: _____

Please use blue or black pen and write in CAPITAL letters.

We kindly ask that you only return the sponsor form to us if you are paying by cheque.

Title	First name	Last name	Postcode	Home address	Amount	Date collected
MISS	ANNE	EXAMPLE	ABI 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	DD/MM/YYYY
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /

I've raised a total of £

Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to CRUK 2RP, PO Box 81666, London, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/310pullups

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place, London, E20 1JQ. © Cancer Research UK 2026.



Take part as a team



Recruit your friends, family or work colleagues to join your challenge by following the four steps below.

1. All your team members will need to sign up to the **310 Pull-Ups Challenge** so they each have their own Cancer Research UK online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down and hit the 'Create new team' button and follow the instructions.
4. When sharing your team page URL, make sure you're contacting people who know you and want to hear from you.

Name:	Name:
Amount:	Amount:
1	2

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Amount:	Amount:	Amount:	Amount:	Amount:	Amount:	Amount:
3	4	5	6	7	8	9

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Amount:	Amount:	Amount:	Amount:	Amount:	Amount:	Amount:
10	11	12	13	14	15	16

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Amount:	Amount:	Amount:	Amount:	Amount:	Amount:	Amount:
17	18	19	20	21	22	23

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Amount:	Amount:	Amount:	Amount:	Amount:	Amount:	Amount:
24	25	26	27	28	29	30

Name:
Amount:
31

How are you going to tackle the challenge together?

Use the calendar above to share out your pull-ups across the month. Write every team member's name and their daily pull-up count.

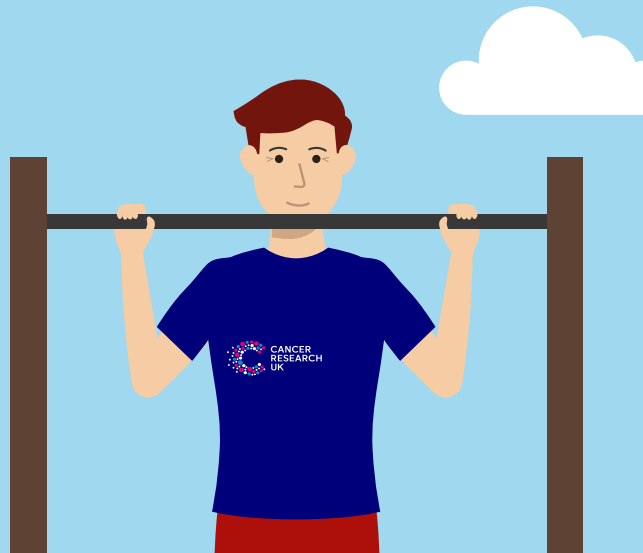
Why not get competitive and see who can take on the most pull-ups every day? Add the name of the daily winner and number of pull-ups achieved.

Visit cruk.org/310pullups

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310 Pull-Ups Challenge Pledge card

Add your story of why you're taking part and share across socials with your online Giving Page



I'm completing
310 pull-ups
this August
because...

310 Pull-Ups Challenge

Finisher 2026



This August

Your name

.....
completed a total of

Total pull-up count

.....
pull-ups

raising

Amount raised

.....
to help beat cancer

Thank you for your support.

You're helping to bring about a world where everybody
lives longer, better lives, free from the fear of cancer.





I'm fundraising for Cancer Research UK

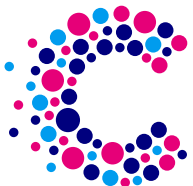
Challenge
name

310 Pull-Ups Challenge

When

August

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

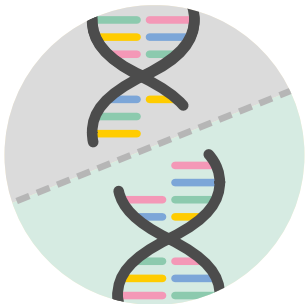
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Thank you for powering progress

Over the past 50 years,
our work has helped double
cancer survival in the UK.

We're the world's leading cancer charity, dedicated to saving and improving lives with our research. Our vision is a world where everybody lives longer, better lives, free from the fear of cancer. And, backed by your support, step by step, our researchers are making this vision a reality.

The difference your money makes



£65

could buy special
restriction enzymes

These act like molecular scissors to cut up the long strands of DNA in our cells, helping us to learn about more than 200 types of cancer.



£170

could fund one day of
the ABC-07 clinical trial

This is testing innovative radiotherapy techniques for treating people with rare bile duct cancer.



£200

could fund our team of nine
cancer nurses for one hour

Our expert team of cancer information nurses are on hand to offer confidential support and guidance to people affected by cancer.

*Estimated based on Cancer Research UK analysis of England data
**cruk.org/millionlives

Visit cruk.org/310pullups

8 in 10

people who receive cancer drugs in the UK receive a drug developed by or with us.*

1 million

Thanks to progress in cancer prevention, diagnosis and treatment, over **a million lives have been saved** from the disease in the UK since the mid-1980s.**

90%

Our research led to the development of the HPV vaccine, which is expected to **prevent up to 90% of cervical cancer cases** in the UK.

Together we are
beating cancer