

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.

