

# negative pull-up



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