

THE SCULPTED *vegan*

10 PULL-UPS

10:10

IN 10 WEEKS

**GAIN MUSCLE & MASSIVE STRENGTH.
USING THIS ONE KILLER PROGRAM**

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INTRODUCTION



Hey! I am Laura Hutchinson, Head Trainer at The Sculpted Vegan.

Before I properly introduce myself, let me tell you a funny story of how I came to know Kim Constable, the founder of The Sculpted Vegan. Kim and I met in 2016 when she started training with her *first trainer*, whom you may have heard her talk about in the past. That trainer, Curtis is actually my ex-husband! I have witnessed Kim's journey from the moment she decided to train for the stage and start The Sculpted Vegan. From the day she messaged Curtis to the blood, sweat, and tears (literally) that she put into all her competition preps. I watched in awe as she navigated her journey to the stage as a bikini competitor, while creating The Sculpted Vegan and homeschooling her four children. You might now understand why one of Kim's favourite sayings is,

“Nobody Cares, Work Harder”

When I met Kim in 2016, I was a retired bodybuilder, having successfully competed in five bodybuilding shows from 2012 to 2014. I had been placed three times in the top five, and in my fifth and final show, I achieved my goal of placing first overall and becoming a British Finalist. I loved to compete! I competed in the Miss Toned or Miss BodyFitness categories. These sections required you to have a shredded look with sizable muscle and visible abs. I loved these categories as you were judged not only on your bodybuilding poses, but also a posing routine. The routine was my time to shine, as I am an ex-competitive gymnast and loved to perform. On stage, I strived to be lean and muscular to please the judges, but I also wanted to wow the audience. Even at my most shredded, I aimed to be strong enough to dance and flip around the stage.

Careerwise, for the past thirteen years, I have run my own health coaching business of personal training, pilates classes, and gymnastics coaching. But this year, my life changed dramatically when I was offered a once-in-a-lifetime opportunity from Kim to join The Sculpted Vegan company full time in the position of Head Trainer. Of course, the answer was **YES!**

Over my many years in the fitness industry, I have helped thousands of women sculpt their dream bodies and smash all of their strength goals. For me, it's not enough to help people look good. I want people to feel good too, and there is no better way to do that than helping them get strong.

Surprisingly, when Kim offered me the opportunity to come on board as a coach, my initial reaction was **No, I can't do this**. Kim had left me a voice note with the details of the job and asked if I would be interested in the commitment. I have to admit that while listening to the message, I had an immediate tightness in my chest from feelings of anxiety, and my mind flooded with thoughts of self-doubt. It shocked me that I had such a negative reaction to such a positive and life-changing opportunity. I knew I did not want to trust this emotional reaction and made myself pace up and down my house, telling myself, **I can do this** multiple times until the feeling of anxiety went away. I then was able to play it cool and reply calmly to Kim that **Yes, I would love to**, and we have since laughed about the unnecessary freak out that I had.

I think that I had doubts and fears over my abilities as a coach because I was now going to be working with people outside of Belfast and outside of my comfort zone. Prior to working as a Sculpted Vegan coach, my business had existed offline, teaching face to face with my clients, class members, and gymnasts. When I thought about coaching online, and for a global company, I had these fearful thoughts that these members from all around the world would be asking me questions I might not know the answer to, or have problems that I had never dealt with before.

But what I realised in my first week of coaching in The Sculpted Vegan is that women around the world are pretty much the same. They have the same hang-ups about their bodies, weight struggles, and confusion about reaching their body goals. When I joined the coaching team, I was introduced to the most amazing community within The Sculpted Vegan private groups. I was so excited to meet thousands of women who loved to train and build muscle for badass, sculpted bodies. Just like me! Thankfully, after my quick realisation that women around the world are actually very similar, all my self-doubt melted away, and I felt completely at home within the company.

Kim always told me that in The Sculpted Vegan community, you will never feel lonely. With world-wide members in the private groups, there is always someone to talk to and connect with at any time of the day. And it is so true! The Sculpted Vegan community is something truly special, and I am so honoured as Head Trainer to share my years of knowledge and expertise to help you achieve your goals.

A handwritten signature in black ink, appearing to read 'Laura', followed by a large, stylized 'X' mark.

Please read this PDF in its entirety at least three times. I also recommend watching all the exercise instructional videos for the whole plan before your first workout, so you do not have to search for how to do an exercise in the middle of your session.

WHY DID WE CREATE THIS PROGRAM?

A common struggle I see from women in the private groups is that they are frustrated that they cannot perform a pull-up. They feel like the exercise is impossible and that they will never be able to achieve even one rep. If this is you, please let me reassure you that pull-ups are commonly known as one of those hard-to-master exercises. Let's take a minute to acknowledge that when performing a pull-up, you are literally **lifting your whole body weight up and down with only your upper body**. For example, I weigh 135lbs, so when I perform a pull-up, I am trying to pull 135lbs up and down using just my arm and back muscles. So If you don't already have significant strength there, doing this can be quite a challenge.

I have been a gymnastics squad coach for eighteen years, and I was a competitive gymnast myself as a child. I have vivid memories of hanging on to the high asymmetric bar in the gymnasium and trying my hardest to pull myself up, only for my body not to move an inch! I remember that other gymnasts in my squad could just rep out 15-20 pull-ups effortlessly.

I felt so frustrated and truly worried that I would never achieve even one rep. But I was determined, and I would not give up. My dad attached a pull up bar to my bedroom door frame, and every time I walked in or out of my bedroom, I would attempt to pull my chin up to it. Week by week, I was able to inch myself higher and higher until one day in squad training, I finally heaved my chin up and over the bar for the first time! I remember all the coaches and gymnasts cheering in celebration, as we all knew how hard I had worked to achieve that first pull-up. Since then, I have always loved to work on my pull-ups. It is just such a badass exercise!

Pull-ups were my secret weapon when I was a competitive bodybuilder. I am only 5ft 3inches with a very short boxy torso and no real defined waist. You can imagine that even in heels, the majority of the other ladies were towering over me. But I would not be overshadowed! To stand out on stage, I used pull-ups to help build my back muscles, particularly my lats. For what I lacked in height, I made up for it by showing off my **lat spread** and creating the illusion of a waist. With pull-ups, I created a symmetry and balance in my body that I naturally did not have.

To this day, pull-ups are still a staple of my training routine. I always catch people in the gym staring at me when I jump up and start repping out sets of unassisted pull-ups. It really is one of those exercises that everyone is so impressed by and has the whole gym looking at you for all the right reasons. Over my years of coaching, I have seen so many people try and fail to do a pull-up. They attempt it a couple of times, find they can't do it, label it **too hard**, and never try again. It has inspired me to use my extensive knowledge of gymnastics and bodybuilding training to create an epic upper body training program that will make a pull-up achievable for even a beginner. This program is for you, whether you feel that the pull-up is the hardest exercise in the world or want to transition from assisted to unassisted.

I am going to teach you how to achieve your first pull-up and then increase your reps up into double digits in the fastest way possible. All I need from you is to commit to the process, show up, and not give up over the next ten weeks. I believe in you!



HOW DOES THIS PLAN WORK?

This program is the exact way that I teach my personal training clients how to achieve multiple unassisted pull-ups. The strength training is designed to be performed three days a week, replacing your current back training or upper body training with this plan. Complete this program for the next ten weeks, or for as long as you wish to move towards your goals. Leave at least a day in between each of the strength training sessions to allow your muscles to rest and recover.

Over the next ten weeks, two factors will determine how many reps you can do -

YOUR BODY FAT PERCENTAGE

If you are carrying excess body fat, it will be very difficult to perform a single rep – unless you are as strong as a bull. A good combination approach would be to get closer to a lower body fat percentage and improve your strength at the same time as outlined in the program.

STRENGTH

If you feel your upper body is weak to begin with, these exercises will prove particularly challenging. But this is what the program is designed for. To help you become stronger!

While the pull-up exercise itself is pretty simple, it is not easy. The reason it can feel so hard is that there are many primary and secondary muscles having to work together to make the movement happen. I have deconstructed the pull-up action and created a program that will strengthen the individual muscles needed to pull yourself up to the bar and lower down again with control. No matter what your starting point, over the next ten weeks, you will massively increase your upper body strength and increase the number of pull-ups you can do - whether it is with or without the assistance of a resistance band.

This plan can be performed at a commercial gym or at home with minimal equipment. All you need is a pull-up bar, long looped resistance bands in various strengths, and a wooden pole.

SUPPLEMENTS

Although supplements are not necessary, there definitely are certain supplements worth taking for performance-enhancing and muscle-building purposes.

MUSCLE GROWTH

PROTEIN

A good vegan protein powder blend is a must when weight training to ensure that you hit your protein goals each day. I recommend that you take the **Wondershake** from The Protein Works, especially during a shred. The macros are fantastic! Mix 50g with water immediately after each training session. My favourite protein company is **The Protein Works** (use the code **TSV55** at checkout for 55% off sitewide).

L-LEUCINE

This is one of the branched-chain amino acids (BCAAs) which are so important in assisting muscular health. L-Leucine assists greater muscle protein synthesis and allows the body to recover from exercise, perform better, and counteract the negative effects of aging. Take 5g-10g in the morning and another 5g-10g in your post-workout smoothie.

VITARGO

This is a revolutionary life source of energy that is used amongst Olympic athletes, medical professionals, and millions of people wanting to improve their health, fitness, and appearance goals. Vitargo transports through the stomach faster than any other carbohydrate for an instant surge of energy and muscle repair and growth. I use Vitargo blended into my protein shake (use a blender, or it will go lumpy) immediately after my workout. Use one scoop on upper body day and two scoops on leg day. It must be consumed directly after you train, ideally within 20-30 minutes.

CREATINE

This is an organic acid that acts as a reserve power source for your muscles during high intensity exercise. It's particularly useful for those who regularly weight train because it provides huge benefits for short-duration, high-intensity exercise. Take 3-5g of creatine in the morning and also in your post-workout smoothie.

OPTIONAL - BCAA

BCAA (Branched Chain Amino Acids) are considered the perfect supplement for people looking to put on muscle and can also help to reduce tiredness, which can significantly boost your workout. Take 5–15g in 600/1000ml water with the juice of half a lemon (for flavour) and drink during your workout or throughout the day.

PERFORMANCE ENHANCING

CAFFEINE

I love caffeine as a pre-workout! It is highly recognized for its potent metabolism-boosting effects, central nervous system stimulation, and dramatically increasing focus and alertness. Take 1-2 tablets first thing in the morning and also pre-workout. If you are caffeine sensitive, leave it out.

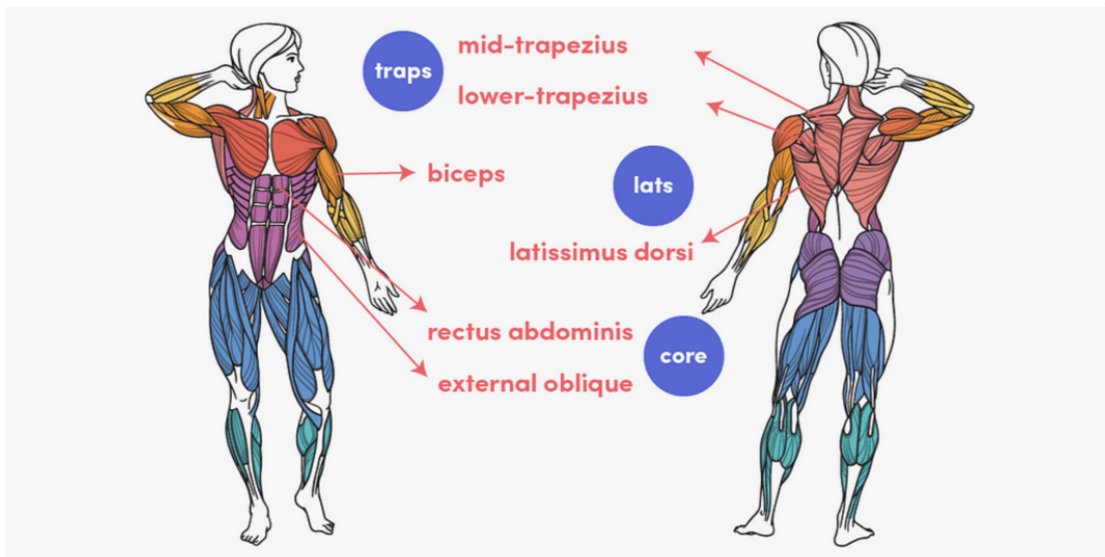


TRAINING OVERVIEW

THE SCIENCE BIT

The pull-up is one of the best exercises for increasing the size and strength of your upper back and arm muscles while developing your core. It is a compound exercise as it involves multiple muscles working together at once. In a recent comparison study of muscle activation in the pull-up exercise, interestingly, it highlighted that the most activated muscles were the abdominals! Then listed in order of activation are the biceps, latissimus dorsi, and the middle and lower trapezius muscles.

Below are the muscles used in a pull-up -



Abdominals

They support the trunk, allow movement and hold organs in place by regulating internal abdominal pressure.

The abdominal muscles help to stabilize the body during the exercise.

Also referred to as the lats, as they are found on the lateral sides of the body. The lats are one of the largest muscle groups found in the body.

Forearm Muscles

When the pull-up bar is grasped, the forearm muscles tighten to secure a strong grip on the bar.

Deltoids

In particular, the rear deltoids are worked considerably in the execution of a pull-up.

Biceps

Are the muscle at the front of the upper arm and are placed under a lot of strain in a pull-up.

Trapezius

Middle trapezius and lower trapezius.

These muscles work with the latissimus dorsi to assist the pull-up action.



TRAINING TO FAILURE

In all of my programs, we train to failure in the final set of an exercise. Training to failure is how you can completely transform your body in the fastest amount of time. Failure is reached when your neuromuscular system can no longer generate enough force to move a load. **If you stop when the struggle starts, you are missing out on valuable muscle growth potential.**

The number one reason people don't see the results they crave is that they don't push hard enough. Not only do people not push hard enough, but they don't truly understand how hard **hard** really is. They think that the moment they feel uncomfortable during a set, that means they've pushed hard, and the set stops there. But when it starts to feel hard, that is not when we stop; that is when the work begins! All sets prior to your final set are just warm-up sets - you are warming up for your final set, which is an all-out failure.

Remember, the reps that are set out in the plan are not an aim but a guide, as everybody's number will be different to reach true muscle failure.

HOW TO PERFORM A PULL-UP



- 1 Start by standing directly below a pull-up bar. To start, place your hands in an overhand grip (backs of hands facing towards your body) with your hands slightly further than shoulder-width apart. If you can't reach the bar from standing on the floor, you can place a steady chair beneath you and stand on that instead.



- 2 Inhale, then exhale. Lift your feet up from the floor or chair so that you're hanging from the bar. Pull your shoulders back and down and engage your abdominals by using Kim's **The Vagina Smoothie-Sucking Technique**. (Instructions are on the next page.)



- 3 Create tension by pulling on the bar and engaging the muscles in your arms and back. Imagine you are bringing your elbows towards your hips and bend at your elbows to raise your upper body up toward the bar. Keep going until your chest meets the bar, and your chin is over the bar.



- 4 At the top of the movement, inhale. Then exhale as you extend your elbows and lower your body back down to the starting position.

AVOID DEAD HANG

Try to keep your shoulder blades back and down throughout the exercise to avoid any shoulder shrugging. Keep a slight bend at your elbows in the **hanging** part of the movement to avoid a **dead hang**. A dead hang is where the arms are completely straight, locking the elbows out, which can cause the muscles and tendons to be overextended. By keeping a slight bend, you work the biceps more and strain the joints less.

The Vagina Smoothie Sucking Technique

This is Kim's coaching tip of how she activates her transverse abdominis correctly. **(I highly recommend you listen to this podcast to hear Kim describe it in detail).**

If you are a woman, imagine that you are sucking a smoothie through a straw using your vagina.

If you are a man, you can imagine you are trying to stop peeing mid-flow.

This keeps the transverse abdominis engaged the entire time through any exercise and will help to stabilize your body and minimize any swinging. This will help keep the movement as smooth and controlled as possible.

While we want to use correct form and technique to perform our pull-ups, the reality is that the learning process is going to look far from perfect, and that is OK. Don't be discouraged if you look and feel like you are struggling in this exercise. It is totally OK if you have to loosen your form at times to complete your best attempts, as long as it is done safely and with as much control as possible. Remember, we are aiming for progress, not perfection!

PULL-UP VS CHIN-UP

The pull-up and chin-up are both great strength-building exercises, and I would recommend incorporating them both into your upper body training routine. The main difference between a pull-up and a chin-up is the hand placement. The pull-up has a pronated (**overhand grip**) where your palm is facing away from you and on top of the bar. The chin-up has a supinated (**under-hand grip**) where your palm is facing you and wrapping under and around the bar. The different hand positions cause different combinations of muscles to be used in each exercise. So which is easier - the pull-up or the chin-up?

Generally, lifters will find that the chin-up is easier than the pull-up. In the chin-up, there is higher biceps brachii activity, and the shoulder-arm-forearm complex can be utilized slightly better than in the pull-up. Naturally, people tend to have stronger biceps and lats when beginning their lifting journey to help them execute a chin-up. Whereas there is a wider range of muscles used and strength required to execute a pull-up.

So, I guess you are now wondering why I have made a program focusing on pull-ups rather than choosing the easier option of a chin-up? And the reason is, at The Sculpted Vegan, we love to do hard things! We do not shy away from a challenge but face it head-on. I chose the pull-up because it is the harder option, and there will be a more badass feeling of achievement when you accomplish it. But you will see that there are chin-up progressions programmed to help you improve that movement in the training plan.

Improving your chin up will help improve your pull-up, so you will actually be progressing in both exercises in this plan. It's a win-win!



TRAINING STRUCTURE

The strength training sessions are designed to be performed three days a week for ten weeks. I suggest using this program for your upper body workouts over the next ten weeks but adding in any additional upper body exercises of your choice from your regular training routine.

FOR MAXIMUM RESULTS -

Every day over the next ten weeks, you are going to perform multiple pull-up attempts. Aim for at least ten attempts daily. I want you to put your pull-up bar in the doorway of your kitchen or bathroom, and any time you walk past it, I want you to try a set of unassisted pull-ups. At the start, you might just hang there, and that is ok. Hanging on the bar is a great way to increase your grip strength. But then your hang might progress to being able to pull on the bar and shrug your shoulders up and down. Then that shoulder shrug might progress to the point where your elbows can bend slightly, and you pull yourself an inch higher.

You get the idea! These frequent daily attempts will give you a good gauge of your progress over the next ten weeks. Most importantly, you will be teaching your central nervous system the pull-up movement pattern with every attempt. As small as the movements are and slow as the progress might be, it will bring you closer to executing the full movement. A great way to also do this is from kneeling! The bar should be lower so you can kneel on the floor.

Over the next ten weeks, keep a record of your pull-up attempts. **Record everything.** If you feel you managed a quarter of a pull-up, record it! When you achieve half a pull-up, write it down! Record all aspects of your progress the whole way through this journey, whether you have progressed to a lighter resistance band or achieved any number of pull-ups with or without the bands. The hardest part is achieving that first pull-up. Once you achieve one, the extra reps will come much more easily.



WHAT EQUIPMENT DO I NEED?

This plan can be performed at a commercial gym or at home. You need long looped resistance bands of various strengths to use in the gym or at home. If training at home, you will also need a pull-up bar and a wooden pole.

HOW TO USE THE LONG LOOPED RESISTANCE BANDS

When selecting the resistance band to use with your pull-up and chin-up progressions, aim for one that will help you to perform the exercise but not do all the work for you. At the end of each set, you want to feel that you are fighting to perform the movement, especially in that last set of the exercise. The last set is where we go to failure, and it should feel like a struggle.

When you are using the bands to assist an exercise, and it starts to feel too easy in the final set, that is a sign to choose a lighter resistance band. It will give you less assistance which means your muscles will have to work harder. Try taking one foot out of your band to increase the difficulty as you progress.

If there comes a point where you feel that you have become stronger and that the exercise has become too easy using the lightest resistance band, then that is your sign to perform the exercise unassisted with no band. The ultimate goal is to be performing our pull-ups and chin-ups unassisted. Don't get hung up on how long this process may take, but do focus on this as your overall long-term goal.

RECOMMENDED BANDS

The bands we recommend are often used to assist pull-ups, are long-lasting, and are usually called ***pull-up assist bands***.

UK Customers



TOMSHOO 5 Pack Pull Up Assist Bands Set
Price **£45.99**



FitBeast 5 Pack Resistance Bands Pull Up Assist
Price **£29.99**

USA Customers



TOMSHOO 5 Pack Pull Up
Assist Bands Set
Price **\$45.98**



FX FFEXS 5 Pack Pull up Assistance
Bands Set
Price **\$39.99**

*The above UK & US links are affiliate links, which means The Sculpted Vegan will receive a small commission if you choose to purchase using these links. Prices are subject to change.

TRAINING ACCESSORIES

To progress in the pull-up and hit those double-digit reps, it is very important that you increase both your forearm and handgrip strength. In the past, I have become frustrated that I have felt my forearms and hands tire before my back and biceps. I have also lost count of how many times my sweaty hands have caused me to slide off the bar and need to stop mid-set to re-grasp, which I find very annoying! While the majority of the time, I still like to perform my pull-ups with bare hands. I do like to use my **cobra grips** intermittently to help attach myself to the pull-up bar. The grips help take the work out of the forearms, ensuring that the back, biceps, and shoulders are doing the majority of the work.

When I am performing my pull-ups with bare hands, I love using chalk, in particular, **liquid chalk**, to help increase my hand grip and forearm strength. Liquid chalk is so handy to carry about in your gym bag with minimal mess for maximum gains.

TRAINING NOTES

This program is designed to be performed three days a week, with two days focusing on pull-up development and one day focusing on chin-up development. The exercises in this training plan have been chosen specifically for maximum strength gain in the muscles that are used in a pull-up or chin-up.

Over the next ten weeks, your main goal is to improve your pull-ups, but you can still integrate this plan into your regular full-body training routine. I would suggest that you take this program and add in any other additional upper body exercises of your choice from your regular routine. You could perform your leg days on the days in between this training plan's upper body sessions.

Pay close attention to the **notes** section of each exercise listed in the workout plan, as there are certain things I want you to focus on in the exercises. I recommend that you watch all the exercise instructional videos for the whole program before your first session, so you do not have to search for how to do an exercise in the middle of your workout.

Beginner - If you are completely new to pull-ups, I would suggest that you perform the full three-day training plan. Complete days 1, 2 & 3 of the plan each week.

Advanced - If you can already perform multiple chin-ups, but your goal is to chase double digits, you may only wish to complete days 1 & 2 of the plan each week.

The exercises should be performed in the order listed. Perform the prescribed number of reps and sets before moving on to the next exercise.

Rest periods should be just long enough for the muscle to recover before you go again. I will usually take no longer than **20-30 seconds** in between sets.

When using the long looped resistance bands, aim to use lighter bands for assistance as you grow stronger. You can take one foot out of the band to make it more challenging before you progress to a lighter (less) resistance. When performing the exercise with the lightest resistance band becomes too easy, attempt the exercise with no band.

Work up to 30-second descents. This instruction means jumping up to hold the bar with arms bent then lowering your body as slowly as possible on each attempt. This will be a challenge, and you might not be able to lower that slowly at the start of the program, but that's OK. Record your time and try to become slower on each attempt and build up to 30 seconds.

AMRAP means **As Many Reps As Possible**

Muscles only grow in your final set. It's critical that you bust your ass in this final set and reach concrete muscle failure.

On Day 3, I want you to try pull-ups at the start of your session. Don't worry if this feels very hard to begin with. It will give you a good idea of how your pull-up strength is progressing each week.

Remember to try your daily maximum pull-up attempts for the best results.

TRAINING PROGRAM

GYM PROGRAM

You will need access to a gym and long looped resistance bands of varying strengths for this program. Perform the prescribed number of sets and reps in each exercise before moving on to the next exercise. They are not designed to be done in a circuit.

Day 1 [CLICK HERE TO VIEW A PLAYLIST FOR THESE EXERCISES](#)

Exercise	Sets	Reps	Notes
Chin Hold (With Over Hand Grip)	3	30 secs.	Use band if needed
Scapular Pull-Ups	3	10-15	Use band if needed
Kneeling Lat Pulldown	3	10-12	Squeeze into lats
Australian Pull-Ups	3	8-12	Straight legs is harder
Pull-Ups	3	10 or AMRAP	Decrease band resistance
Pull-Up Negatives	3	Work up to 30 secs. descent	Lower with control

Day 2 [CLICK HERE TO VIEW A PLAYLIST FOR THESE EXERCISES](#)

Exercise	Sets	Reps	Notes
Chin Hold (With Over Hand Grip)	3	30 secs.	Use band if needed
Chin-Ups	3	10 or AMRAP	Decrease band resistance
Barbell Bicep Curl	3	10-12	Keep elbows in
Barbell Reverse Curl	3	10-12	Hands in overhand grip
Hanging Knee Raises	3	10-15	Try not to swing
Chin-Up Negatives	3	Work up to 30 secs. descent	Lower with control

Day 3 [CLICK HERE TO VIEW A PLAYLIST FOR THESE EXERCISES](#)

Exercise	Sets	Reps	Notes
Pull-Ups	3	10 or AMRAP	Decrease band resistance
Chin Hold (With Over Hand Grip)	3	30 secs.	Use band if needed
Scapular Pull-Ups	3	10-15	Use band if needed
Kneeling Lat Pull-Down	3	10-12	Squeeze into lats
Australian Pull-Ups	3	8-12	Straight legs is harder
Pull-Up Negatives	3	Work up to 30 secs. descent	Lower with control

HOME PROGRAM

You will need long looped resistance bands of varying strengths and a pole or pull-up bar for this program. Perform the prescribed number of sets and reps in each exercise before moving on to the next exercise. They are not designed to be done in a circuit.

Day 1 [CLICK HERE TO VIEW A PLAYLIST FOR THESE EXERCISES](#)

Exercise	Sets	Reps	Notes
Chin Hold (With Over Hand Grip)	3	30 secs.	Use band if needed
Scapular Pull-Ups	3	10-15	Use band if needed
Banded Kneeling (Lat Pull-Down)	3	10-15	Squeeze into lats
Australian Pull-Ups	3	8-12	Straight legs is harder
Pull-Ups	3	10 or AMRAP	Decrease band resistance
Pull-Up Negatives	3	Work up to 30 secs. descent	Lower with control

Day 2 [CLICK HERE TO VIEW A PLAYLIST FOR THESE EXERCISES](#)

Exercise	Sets	Reps	Notes
Chin Hold (With Under Hand Grip)	3	30 secs.	Use band if needed
Chin-Ups	3	10 or AMRAP	Decrease band resistance
Banded Bicep Curl	3	10-15	Keep elbows in
Banded Reverse Curl	3	10-15	Hands in overhand grip
Hanging Knee Raises	3	10-15	Try not to swing
Chin-Up Negatives	3	Work up to 30 secs. descent	Lower with control

Day 3 [CLICK HERE TO VIEW A PLAYLIST FOR THESE EXERCISES](#)

Exercise	Sets	Reps	Notes
Pull-Ups	3	10 or AMRAP	Decrease band resistance
Chin Hold (With Over Hand Grip)	3	30 secs.	Use band if needed
Scapular Pull-Ups	3	10-15	Use band if needed
Banded Kneeling (Lat Pull-Down)	3	10-15	Squeeze into lats
Australian Pull-Ups	3	8-12	Straight legs is harder
Pull-Up Negatives	3	Work up to 30 secs. descent	Lower with control

HAVE YOU DOWNLOADED OUR APP?

You can now download The Sculpted Vegan app on both iPhone and Android. For a small monthly fee, you can access ALL Sculpted Vegan Training Programs (the 18 Month Sculpt & Shred is not available as part of the subscription).

Click one of the options below to get an All Access pass with our **FREE 7 Day Trial**.



ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below -

- 1 **Strong & Sculpted Podcast**
Your go to resource for everything to do with muscle sculpting and fat burning
- 2 **Private Facebook Group**
Join our private community and receive free coaching from one of our experienced coaches
- 3 **The Sculpted Vegan YouTube**
For training videos, instructional resource and much more!
- 4 **Training to Failure**
Dive deep with me in my personal training session as I show you what it really takes!
- 5 **Training with Mark Getty**
Join heavyweight pro bodybuilder Mark Getty - my personal trainer as we discuss supplements, protein, training and more
- 6 **The Sculpted Vegan Video Blogs**
Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
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