BEYOND300

FREE PROGRAM + TRACKER · 2026



300 PULLS A DAY

100% FREE | +5 EVERY DAY | 3 LEVELS | TRACKER APP

Back · pull-ups & rows. Advanced. You need 5 clean pull-ups to start. Step by step to 300 pulls a day, with the same rules as 300 PUSH-UPS A DAY.

DÁVID FORNADEL · @BEYOND_300

01 · THE SYSTEM

SAME 5 RULES. NEW MUSCLES.

1 THE TEST SETS YOUR LEVEL

Do max clean pull-ups in one set. Your result decides whether you start the START, BASE or STRENGTH plan (page 3).

2 EVERY DAY +5

Every training day you do 5 more pulls than the day before. A small step your body can handle and your head won't quit on.

3 EVERY 7TH DAY IS LIGHT

Half of the previous day plus a new test. Muscles and tendons grow while you rest. A light day is not a day off: you still train.

4 MISSED IT? REPEAT THE DAY

If you don't hit the daily target, tomorrow you do the same day again. The plan adapts to you, not you to the plan.

5 SETS, NOT SUFFERING

Pull-ups stay at most a third of the day; the rest are rows and negatives. Never go to failure: sets of about half your max.

WHAT COUNTS TOWARD 300

Every pull: pull-ups, chin-ups, negatives and rows. Pull-ups are at most a third of the day.

BEFORE YOU START

You need 5 clean pull-ups. Not there yet? Practise negatives and rows (rungs 1–2) every day until you can do 5. Then take the test. The bar: any sturdy pull-up bar, a playground or a gym. Rows under a solid table work at home.

Trains: Lats, upper back, biceps, grip.

HOW MANY CAN YOU DO RIGHT NOW?

From a dead hang, pull until your chin is over the bar, then lower all the way down. No kipping. Count your **clean** pull-ups in one set.

1. **Warm up first.**
   5 minutes (page 5), then rest for 2 minutes.
2. **Count only clean reps.**
   Full range, the form from page 4. The first half rep doesn't count.
3. **No long breaks.**
   A quick breath is fine. Stopping to rest ends the set.
4. **Write it down.**
   The app keeps every test, so in a month you see how far you came.

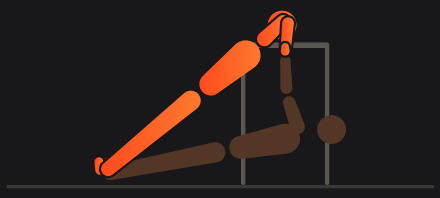
YOUR MAX	LEVEL	START	TO 300
0 – 7	START	60 / DAY	56 DAYS
8 – 12	BASE	120 / DAY	42 DAYS
13 OR MORE	STRENGTH	180 / DAY	28 DAYS

All three plans end the same way: with your first day of 300 pulls. Less than 5 clean pull-ups? Don't start this one yet: practise negatives and rows every day until you can do 5.

CLEAN PULLS



PULL-UP



AUSTRALIAN ROW



NEGATIVE PULL-UP



CHIN-UP

1 **Start from a dead hang**
Arms straight, then pull your shoulders down and back.

2 **Chin over the bar**
Every pull-up. Half reps don't count.

3 **All the way down**
Straight arms at the bottom of every rep.

4 **No kipping**
Legs still, body tight. Swinging doesn't count.

5 **Elbows to your ribs**
Think of pulling the bar to your chest.

6 **Rows: body like a plank**
Under a table or a low bar, heels on the floor, pull your chest to the bar.

SPLIT YOUR DAY

Example day (120): morning 20 pull-ups + 20 rows · lunch 40 rows · evening 20 pull-ups (or negatives) + 20 rows.

YOUR FIRST WEEK

START LEVEL

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
60	65	70	75	80	85	45

04 · EASIER, HARDER, SAFE

THE LADDER

From easiest to hardest. Pull-ups are at most a third of the day. Every test adds 5 % more.

1	AUSTRALIAN ROW (HIGH BAR)	
2	NEGATIVE PULL-UP (3–5 S DOWN)	
3	CHIN-UP THE TEST	
4	PULL-UP	
5	AUSTRALIAN ROW WITH FEET UP	
6	CHEST-TO-BAR PULL-UP	
7	ARCHER PULL-UP	

WARM-UP · 5 MIN

Arm circles	10 + 10
Dead hang	20 S
Scapular pull-ups	10
Easy rows	10

PAIN TRAFFIC LIGHT

GREEN

sore lats and biceps. Keep going.

ORANGE

sore elbows or wrists that loosen up. Take a light day with rows only.

RED

sharp elbow or shoulder pain. Stop and see a doctor.

START · 56 DAYS

Your max in the test: **0–7**
You start at **60**, you finish at **300**
9,450 pulls in total

WEEK 1	DAY 1 60 START	DAY 2 65	DAY 3 70	DAY 4 75	DAY 5 80	DAY 6 85	DAY 7 45 LIGHT + TEST
WEEK 2	DAY 8 90	DAY 9 95	DAY 10 100	DAY 11 105	DAY 12 110	DAY 13 115	DAY 14 60 LIGHT + TEST
WEEK 3	DAY 15 120	DAY 16 125	DAY 17 130	DAY 18 135	DAY 19 140	DAY 20 145	DAY 21 75 LIGHT + TEST
WEEK 4	DAY 22 150	DAY 23 155	DAY 24 160	DAY 25 165	DAY 26 170	DAY 27 175	DAY 28 90 LIGHT + TEST
WEEK 5	DAY 29 180	DAY 30 185	DAY 31 190	DAY 32 195	DAY 33 200	DAY 34 205	DAY 35 105 LIGHT + TEST
WEEK 6	DAY 36 210	DAY 37 215	DAY 38 220	DAY 39 225	DAY 40 230	DAY 41 235	DAY 42 120 LIGHT + TEST
WEEK 7	DAY 43 240	DAY 44 245	DAY 45 250	DAY 46 255	DAY 47 260	DAY 48 265	DAY 49 135 LIGHT + TEST
WEEK 8	DAY 50 270	DAY 51 275	DAY 52 280	DAY 53 285	DAY 54 290	DAY 55 295	DAY 56 300 Goal

Tick off each day you finish Light day: half + test Your first 300

Missed it? Repeat the same day tomorrow.

BASE · 42 DAYS

Your max in the test: **8–12**
You start at **120**, you finish at **300**
8,295 pulls in total

WEEK 1	DAY 1 **120** START	DAY 2 **125**	DAY 3 **130**	DAY 4 **135**	DAY 5 **140**	DAY 6 **145**	DAY 7 **75** LIGHT + TEST
WEEK 2	DAY 8 **150**	DAY 9 **155**	DAY 10 **160**	DAY 11 **165**	DAY 12 **170**	DAY 13 **175**	DAY 14 **90** LIGHT + TEST
WEEK 3	DAY 15 **180**	DAY 16 **185**	DAY 17 **190**	DAY 18 **195**	DAY 19 **200**	DAY 20 **205**	DAY 21 **105** LIGHT + TEST
WEEK 4	DAY 22 **210**	DAY 23 **215**	DAY 24 **220**	DAY 25 **225**	DAY 26 **230**	DAY 27 **235**	DAY 28 **120** LIGHT + TEST
WEEK 5	DAY 29 **240**	DAY 30 **245**	DAY 31 **250**	DAY 32 **255**	DAY 33 **260**	DAY 34 **265**	DAY 35 **135** LIGHT + TEST
WEEK 6	DAY 36 **270**	DAY 37 **275**	DAY 38 **280**	DAY 39 **285**	DAY 40 **290**	DAY 41 **295**	DAY 42 **300** Goal

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

STRENGTH · 28 DAYS

Your max in the test: **13 or more**
You start at **180**, you finish at **300**
6,360 pulls in total

WEEK 1	DAY 1 180 START	DAY 2 185	DAY 3 190	DAY 4 195	DAY 5 200	DAY 6 205	DAY 7 105 LIGHT + TEST
WEEK 2	DAY 8 210	DAY 9 215	DAY 10 220	DAY 11 225	DAY 12 230	DAY 13 235	DAY 14 120 LIGHT + TEST
WEEK 3	DAY 15 240	DAY 16 245	DAY 17 250	DAY 18 255	DAY 19 260	DAY 20 265	DAY 21 135 LIGHT + TEST
WEEK 4	DAY 22 270	DAY 23 275	DAY 24 280	DAY 25 285	DAY 26 290	DAY 27 295	DAY 28 300 Goal

Tick off each day you finish · Light day: half + test · Your first 300

Missed it? Repeat the same day tomorrow.

NOTES

100 DAYS × 300

When your plan ends, the real challenge begins. **300 pulls every day.** Tick off every day you finish. Milestones: day 30, 50 and 100.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

☐ Milestone: share it to your story 30,000 pulls in total Never miss twice in a row.

DAY 100: YOUR CERTIFICATE

Hit your target on 100 days in the app (a missed day doesn't reset it) and you get the BEYOND 300 certificate with your name, your total and your dates. Then your name can go up in the Hall of Fame on our website. Next certificates: day 200 and 365.



TODAY IS DAY 1.

Nothing is free nowadays, but this program is. Do the test, find your plan and do your first set before you close this file.

1. Open the tracker app: **app.beyond300.com**
2. Tap the orange challenge chip (300 PUSH-UPS ▾) and pick 300 PULLS A DAY.
3. Take the test. The app gives you your level and today's number.
4. Share your days to your story and tag @beyond_300. The pack is waiting.

DÁVID FORNADEL · @BEYOND_300 · #300PULLSADAY

Disclaimer: This program is for educational purposes and does not replace medical advice. Before starting any exercise program, especially if you have health problems, an injury or haven't exercised in a long time, talk to your doctor. You exercise at your own risk. Results vary from person to person. © 2026 Dávid Fornadel. Free to share: send it to anyone, as long as it stays unchanged and free. Please don't sell it.