

TIME ON BAR

THE FREE GUIDE

Why you're stuck at the same pull-up number, the simple system that fixes it, and a 7-day start you can begin tonight.

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START HERE

The whole system in one minute

If you pass a bar, you owe the bar.

That's it. That's the system. Everything else in this guide explains why it works and how to start.

1. **Pull-ups are a skill, not an exercise.** Skills improve with frequent practice, not with one hard session a week.
2. **Every bar you pass is a side quest.** You don't schedule pull-ups. You do a few reps at bars that are already in your day.
3. **Each time, you pay a small tax.** A few clean reps, a hang, or a slow negative.
4. **Keep it small: about 40% of your max.** You always walk away fresh, so you can do it again later and tomorrow.
5. **Only strict reps count.** Dead hang at the bottom, chin over the bar, controlled on the way down.
6. **Test every 28 days, not every day.** Practise in between. Retest on Day 28 and see what changed.

Who this is for: busy adults stuck anywhere from zero to about fifteen strict pull-ups, who've tried programs, trainers or "back day" and are still at the same number.

What you'll need: a secure pull-up bar you pass every day (a doorway bar is fine), and about a minute a day.

General education, not medical advice. If you have pain, an injury or a health condition, check with a qualified professional first. Use a bar that's installed properly and rated for your weight. Stop anything that hurts.

WHO I AM

I never trained pull-ups. I just never stopped touching the bar.

I'm Chris Mouriz. My family says I climbed out of my crib and helped my twin brother escape. My grandmother called me *mono*, monkey. Trees, scaffolds, bars: if I could hang from it, I did.

At seven, at my first school pull-up test, I did five. I'd never trained a single pull-up. I'd just spent my whole life hanging and climbing.

I'm 39 now. I can do 30+ strict pull-ups on an off day, I taught myself a one-arm pull-up, and this year I joined the 3 Plate Club (+135 lb at 174 lb bodyweight). I've never followed a pull-up program.

For years I wondered why I was so much better at pull-ups than most people. The answer was simple: **I spent more time on the bar than anyone I knew.** Not in workouts. In small moments, every day, for years.

So I gave it a name, **Time On Bar**, and turned it into a system anyone can run inside a busy life. I run businesses, I travel for work, and I have a 14-month-old daughter. If this didn't fit around real life, I couldn't do it either.

> **My twin brother weighs 240 lb and does 15 clean reps. Size isn't the limit. Time on the bar is.**

I didn't invent frequent practice. Strength coaches have used it for decades. What I built is a simple way to make it automatic for busy adults.

WHY YOU'RE STUCK

You're making the same three mistakes as everyone else

People get stuck at every level. Zero. Five. Eight for two years. Twelve for a decade. It's almost never because they're weak. It's because they're doing these three things:

1. **Pull-ups once a week, on "back day".**
   One session, a few hard sets, then nothing for seven days. That's about 52 practice sessions a year for a skill that needs hundreds.

2. **Maxing out every time.**
   You jump on the bar and do as many as you can. Then again. Then again, uglier each time. That's not training. That's testing, three times in a row.

3. **Letting the reps get sloppy.**
   A little swing, a half bottom, a chin that almost gets there. The number looks better. The strength doesn't follow.

Each mistake makes the others worse. You train rarely, so every visit feels like a test. You max out, so you're too tired to keep the form clean. Your form slips, so your body learns the wrong movement.

You're not bad at pull-ups. You just haven't spent enough time on the bar.

THE FIX

Pull-ups are a skill. Skills need frequency.

Think about typing. Nobody got fast by doing one brutal 90-minute typing session every Thursday. People who type fast typed constantly, every day, a little at a time, until it became automatic.

A strict pull-up works the same way. It isn't one muscle doing one job. It's a chain: grip, shoulders set, back starts the pull, body stays still, chin clears, then a slow, controlled return to a full hang. Your body learns that chain by **repeating it often, while fresh.**

	The old way	The Time On Bar way
How often	Once or twice a week	Most days, several times a day
How hard	To failure, every set	About 40% of your max
How it feels	Wrecked, dreading the bar	Fresh, almost too easy
Form	Falls apart as you tire	Clean on every rep
Time needed	An hour in the gym	About a minute a day
When it ends	When the program ends	It doesn't. It's a habit.

Practice and testing are different jobs. Practice is small and clean, and you do it often. Testing means finding your max, and you only do it every 28 days, rested.

Strength loves frequency. Ego loves maxing out.

THE SYSTEM

Five parts. One habit.

Here's the whole system on one page. Each part gets its own page next.

1

Time On Bar

The goal. Total time your hands spend on the bar. More honest time on the bar, more progress.

2

Every Bar Is a Side Quest

Where it happens. Bars already in your day: the doorway, the gym, the park.

3

The Pull-Up Tax

The rule. Every bar you pass, you owe it something.

4

The 40% Rule

How much. Small enough to do it again later, and tomorrow.

5

The Strict Standard

What counts. No bottom, no rep.

Wrapped in 28-day cycles. Test on Day 1. Practise for four weeks. Retest on Day 28. Adjust. Repeat. Thirteen chances a year to get better.

It's not a program. It's a system.
Programs end. A habit doesn't.

PART 1

Time On Bar

The only thing that really matters is how much honest time you spend on the bar.

Time On Bar is the running total of every clean rep, every hang and every slow negative you've ever done. It's an account that only grows.

Your max is the scoreboard. **Time On Bar is the game.**

Your max
Changes slowly. Depends on sleep, stress and the day. You can't decide to have a higher max this morning.

Your Time On Bar
You control it completely. You can always decide to touch the bar. Grow it, and your max follows.

People who are great at pull-ups (climbers, gymnasts, the person at your gym who repeats 20 clean reps like it's nothing) all have one thing in common: **the bar is a normal part of their day.** It isn't an event they psych up for. It's furniture.

That's what you're building. When the bar stops feeling like a test, practice gets easy, and progress becomes almost automatic.

> **Make the bar normal. Get strong by accident.**

PART 2

Every Bar Is a Side Quest

In a video game, the main quest is the story. Side quests are the small tasks you pick up along the way. They take a minute, and they're where your character actually levels up.

Your **main quests** are your job, your family, your workout. This system never asks you to cut any of them.

Your **side quests** are the bars already in your path:

- The doorway bar you walk past to make coffee
- The gym bar between your other sets
- The park bar while your kid is on the swings

You don't go to the bar. You stop at the bar.

No extra session. No gym trip to talk yourself into. No changing clothes. The bar was already on your way, so starting takes no effort at all.

After a week of living like this, something strange happens: you start noticing bars everywhere. That's the habit forming.

Only use bars built for hanging: a properly installed doorway bar, gym equipment or park bars. Not scaffolding, beams or anything you're not sure of.

PART 3

The Pull-Up Tax

Pass a bar, pay it.

Nobody wakes up wondering whether to pay their taxes today. It isn't a goal or a mood. It's a debt, so you pay it.

That's exactly where pull-ups belong. "Should I train today?" has two answers, and one of them is no. "I owe the bar" has only one. **A habit doesn't need motivation.**

Every bar you pass, you owe it one of three payments:

Payment	What it is	When to use it
The rep	A few clean, strict pull-ups at your tax amount (next page)	Your standard payment once you have reps
The hang	10 to 30 seconds of dead hang, arms straight, shoulders engaged	Zero reps yet, a tired day, or you're in work clothes
The negative	Start at the top (step up from something stable), lower yourself slowly, 3 to 5 seconds	Building toward your first rep, or practising control

The amount can change with your day. Owing it doesn't.

The tax is for safe bars on your normal route. You don't owe a detour at midnight, and you can always skip it if you're in pain or need to recover.

PART 4

The 40% Rule

Each payment is about 40% of your strict max. Round down. Never to failure.

The dose has one job: to be small enough that you can do it again later, and again tomorrow, and every day after that. If you finish a set tired, it was too big.

Your strict max	Your tax per bar
0	A comfortable hang, or an assisted hang
1 to 2	A hang or a slow negative (don't repeat max singles)
3 to 4	1 clean rep
5 to 7	2 clean reps
8 to 9	3 clean reps
10 to 14	4 to 5 clean reps
15 to 19	6 to 7 clean reps
20+	8 or so clean reps

It will feel too easy. Good. That's what a dose you can keep up feels like. The hardest part of this rule isn't for beginners. It's for strong people, who stand under the bar with fifteen reps in the tank and have to stop at five.

> **A side quest is not a boss fight. Walk away with gas in the tank.**

PART 5

The Strict Standard

No bottom, no rep.

A rep only counts if it's honest. Sloppy reps make the number look good while the strength stays the same. Every rep, every time:

- ☐ Starts from a still, dead hang
- ☐ Shoulders engaged, not slack
- ☐ No kipping (no hip or leg drive)
- ☐ Chin clearly over the bar
- ☐ All the way back to straight arms
- ☐ Arms fully straight at the bottom
- ☐ No swinging
- ☐ No jumping into it
- ☐ Lowered under control
- ☐ A brief pause at the bottom

Notice where most of these happen: **at the bottom.** Everyone watches the chin. But the chin is easy to fake. The bottom is where reps become real.

The 10-second check: film one set from the side. Watch it back. Count only the reps that meet every point above. That's your real number. It might be lower than you think. That's fine. Now it's honest, and honest numbers go up.

> **The rep ends where it started: at the bottom.**

HOW IT RUNS

The 28-day cycle

Practice and testing never happen on the same day. The 28-day cycle keeps them apart.

Day 1

TEST

Warm up, then one honest max set. Film it. Write down the number and set your tax.

Days 2 to 27

PRACTISE

Pay the tax at the bars you pass. Small, clean, frequent. No max sets.

Day 14

CHECK

Film one practice set. Check it against the Strict Standard. Fix what slipped.

Day 28

RETEST

Rested, same conditions as Day 1. Compare. Set your new tax. Start the next cycle.

Why 28 days? Long enough for real change to show up, short enough that you never lose track. That's 13 cycles a year, 13 chances to get better.

What to expect: everyone moves at a different speed. Your starting point, age, body weight, sleep and consistency all matter. The first rep is usually the slowest to come, and later reps tend to come faster. Even in a cycle where the number doesn't move, your reps often look visibly stronger on video. No one can honestly promise you a number, and I won't.

Skip or postpone a test if you're in pain, sick, or not recovered.

WHAT IT LOOKS LIKE

A normal Tuesday

7:10 am

Walk past the doorway bar on the way to the coffee. Three clean reps. Keep walking. **25 seconds.**

12:30 pm

Lunch break at the gym, or a park bar on the walk back. One set of three. **20 seconds.**

5:40 pm

Park with the kids. While they swing, one set on the monkey bars. **20 seconds.**

9:00 pm

Past the doorway again. A slow negative. Done for the day. **10 seconds.**

No session. No changing clothes. No willpower spent. Four exposures, about ten perfect reps, on a day with a full job and a family.

The maths: one pull-up takes about 2 seconds. A 5-rep tax takes about 10 seconds. Three to five payments a day is 30 to 50 seconds, which works out to **about 6 minutes of actual pull-ups a week.**

Six minutes a week. Done most days, for months. That's how the person at your gym got to thirty: not in one heroic workout, but in small payments so easy nobody noticed them.

Consistency over intensity.

QUICK ANSWERS

The doubts everyone has

"Won't doing pull-ups every day wear me out?"

Only if every visit is a max set. At 40%, you finish fresh. If you're still sore the next day or your workouts suffer, do less or rest. Daily practice is an option, not an obligation.

"I can't do a single pull-up."

Then your tax is the hang and the slow negative. That's exactly how the first rep gets built. Zero is a fine place to start.

"I'm too heavy / too old."

My 240 lb twin does 15 clean reps. Size and age change your dose, not whether you can improve. Start where you are.

"I already have a workout plan."

Keep it. This happens between your workouts, not instead of them.

"Isn't this just 'Grease the Groove'?"

Same principle: frequent sets well short of your max. What's different is how it's delivered: the Tax, the side quests, a strict standard and 28-day retests that make it a habit.

"My hands hurt."

They'll toughen up. I call calluses mother nature's gloves. Start with short hangs and build gradually.

YOUR QUICK WIN

The 7-day start

One small job a day. If anything hurts, or you're still sore from yesterday, repeat a day or rest. The goal is to find a rhythm you can keep, not to prove anything.

Day 1

Find your number.
Warm up. Do one honest max set to the Strict Standard. Film it from the side. Write down the number and look up your tax on the 40% table. That's all the pulling for today.

Lesson: know where you're starting.

Day 2

Find your bars.
Fill in the bar map on page 17. Then pay your tax once or twice at a bar you passed anyway.

Lesson: you don't go to the bar. You stop at it.

Day 3

Make every rep honest.
Pay your tax. Film one set and check it against the ten checkpoints. Count only the reps that pass.

Lesson: no bottom, no rep.

Day 4

The hidden first step.
Add scapular pulls: from a dead hang, pull your shoulder blades down and back without bending your arms. Hold a second, lower. A few of these at one bar visit, then pay your tax as normal.

Lesson: the pull starts before the arms bend.

Day 5

Practise stopping.
Pay your tax two or three times today. Stop every set while it still feels easy. It will feel like too little. That's the point.

Lesson: a side quest is not a boss fight.

Day 6

Two quests.
If you're recovering well, pay the tax at two different times of day. If not, repeat Day 5 or rest.

Lesson: small and often beats big and rare.

Day 7

Review. Don't retest.
Look back at the week. Which bars worked? Did the dose feel easy? Did any reps slip? Keep what worked. Your next max test is Day 28, not today.

Lesson: the habit is the win.

From Day 8: keep paying your tax at the bars you pass, check one set on video around Day 14, and retest on Day 28. Use the ledger on page 18 to keep score.

> **Around Day 5, a voice will tell you this is too small to matter. That's the same voice that kept you maxing out once a week. It's been wrong the whole time.**

WORKSHEET

Your bar map

Most people already pass two or three suitable bars a day without noticing. Find yours. You only need one to start.

Where	Which bar?	When do I pass it?
Home		
Work / commute		
Gym		
Park / outside		
Anywhere else		

My numbers	
Strict max on Day 1	
My tax per bar (40% table)	
My bad-day payment (hang or negative)	
My Day 28 retest date	

Don't have a bar at home? A doorway bar is the single best investment for this system. Pick one rated for your weight and install it exactly as the manufacturer says.

KEEP SCORE

The 28-day ledger

Each day, write what you paid: **R** for reps, **H** for hang seconds, **N** for negatives, and how many bars. Only honest reps go in the book.

Day 1 max: _____ **Tax per bar: _____**

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

Day 28 max: _____ **Change: _____**

Prefer the ledger to keep itself? The Mour.Fit app logs your tax in seconds, counts your Time On Bar and runs your 28-day cycles: mour.fit

BEFORE YOU GO

Where people get stuck next

The system above is enough to start, and some people run with it for years. But most people hit one of these walls within a few cycles:

- **Reps that feel strict but aren't.** You can't see your own bottom position. A slight bend or a shortened range can hide for months.
- **The dose creeps up.** Four reps becomes six becomes eight, and suddenly you're tired, sore and skipping days.
- **Life gets busy and the habit quietly stops.** A trip, a sick kid, a hard month.
- **Not knowing what to do at your level.** Getting from zero to one, from five to ten, and from twelve to twenty all need different tools. A weekly session, the right assistance, when to add weight. That's what this free guide leaves out.

None of these mean the system failed. They're the points where a plan for your level, and someone watching your reps, makes the biggest difference.

WHAT COMES NEXT

You have the mentality. Now build the system.

The full book: Time On Bar

The plan for every level:

- **Level Zero:** the tools and plan for your first strict rep
- **One to ten, and ten to thirty:** the weekly session, the dials, and how to get through plateaus
- **Weighted pull-ups** and **the one-arm path**
- **The long game:** bad days, pain, and coming back after time off

Get it at mour.fit

Want it built around you?

I coach a small number of people through custom 28-day cycles: your dose, your bars, your schedule, with me checking your form on video and adjusting as you go. Book a free Pull-Up Strategy Call. We'll look at where you are, where you want to be, and whether a custom cycle is right for you. If it isn't, I'll tell you.

Book your call at mour.fit

Tonight, if you pass a bar, you know what you owe.

Strength loves frequency. Pay your Tax.
Chris Mouriz