



THE FREE MOUR.FIT GUIDE

THE STRICT PULL-UP STANDARDS

What counts. What doesn't. How to climb.

The bar doesn't care how motivated you are.
It only cares how often you show up.

MOUR.FIT

WHAT COUNTS

Most people have never done a real pull-up. Not because they aren't strong enough — because nobody ever held the line on what a rep is. Here is the line.

1 DEAD HANG START

Every rep starts from a controlled hang. Arms long, shoulders active, feet still. If you bounce out of the bottom, the rep started somewhere else.

2 CHIN CLEARLY OVER

Not chin-to-bar. Not nose-level. Over. If you have to ask, it wasn't.

3 NO KIP, NO SWING

Legs quiet, hips quiet. Momentum is borrowing strength you don't have yet — and the bar keeps the receipts.

4 CONTROLLED NEGATIVE

You lower yourself; gravity doesn't drop you. The way down builds as much as the way up.

5 THE REP ENDS AT THE BOTTOM

Back to the dead hang. That's one. Anything shorter is a fraction, and fractions don't count here.

Nobody gets points for cheating. Least of all you.

WHERE YOU STAND

One unbroken set of strict reps, tested fresh. Find your line, then read what the work is. Every level has a job — including zero.

0

THE START

Hangs, slow negatives, and bodyweight rows. Zero is a starting point, not a problem — every practitioner on this chart stood here once.

1–5

FOUNDATION

Frequency over intensity. Small, clean sets far from failure, spread through the day. Never max out; let volume do the building.

6–12

PRACTITIONER

This is where daily practice pays. Grease the groove with sets of 40% of your max. Add grip and hang work — forearms decide your ceiling.

13–20

ADVANCED

Earn quality at volume. Tempo reps, pauses at the top, strict chest-to-bar. Start feeding weighted reps in — sparingly.

21+

ELITE

Capacity is proven. Now specialize: weighted ladders, one-arm progressions, or sheer honest volume. Mastery before advancement, still.

Retest once every 28 days — not weekly, not whenever you feel good. Testing is not training.

PRACTICE, NOT PUNISHMENT

Strength loves frequency. You don't cram an instrument once a week and expect music — you practice daily, below your limit, and let the reps accumulate. Pull-ups work the same way.

PAY A DAILY TAX

Owe the bar a few small sets every day — about 40% of your max per set. A 10-rep max owes sets of 4. Light enough to repeat, heavy enough to count.

SPREAD IT THROUGH THE DAY

Before work, after work, passing the doorway bar. Three to five small visits beat one heroic session — fresh reps are clean reps.

STOP BEFORE FAILURE

Grinding teaches grinding. End every set knowing you had more. The set ends where it started — at the bottom, in control.

SKILL BEFORE REPS

When technique breaks, the set is over, whatever the number says. Quality is the product; volume is just the delivery.

LET PROGRESS HAPPEN

Don't chase the max — outgrow it. Retest every 28 days and let the number surprise you.

STRENGTH LOVES FREQUENCY.

**TOMORROWS HAVE A WAY
OF MULTIPLYING.
THERE IS ONLY ONE TODAY.**

You're not trying to get 20 pull-ups. You're becoming someone who shows up to the bar every day. The number is a side effect.

One honest set a day is 365 sets a year. Most people's tomorrow-plan produces zero.

YOUR FIRST REP IS TODAY.

It can be a 10-second hang. Log it at mour.fit — the streak starts the moment you do.

Reading this far was a decision. The bar heard it.

05 — THE SYSTEM

THE BAR IS WAITING

This guide is the standard. Mour.Fit is the system that holds you to it — a pull-up practice tracker built on strict reps and daily practice, not intensity theater.

THE TAX

The app computes your daily owed reps and tracks every payment. Streaks are built on honest days — one forgiven miss a week, no more.

TIME ON BAR

Accumulated hang and work time, tracked like a first-class metric. Volume of honest practice beats intensity, and this is where it shows.

STRICT BY DESIGN

Kipping is never counted, cheated reps earn nothing, and your max only moves when a logged set proves it. The app holds the line this guide draws.



START TODAY — FREE AT MOUR.FIT

Log your first strict set today. Even if it's a hang. Especially if it's a hang.