ARMSTRONG PULL UP
WORKOUT PROGRAM

THE MORNING ROUTINE

- When you wake up, you have to perform first set of maximum push ups
- Then go to the bathroom and have some coffee. Try second set
- Do the shaving work. Do the third set of maximum effort push ups

DAY 1 TRAINING PROTOCOL

- Perform five AMRAP maximum effort sets by taking a rest of 90 seconds between each rounds.
- The numbers of reps will start increasing gradually in the last two sets than the first three sets.

DAY 2 TRAINING PROTOCOL

- Begins with the one repetition, rest, then to two repetitions, rest then three in an ascending style. This process will continue until one set got missed.
- You can take rest of 10 seconds for every pull up involved in the set.
- Now perform 1 maximum effort set of pull ups for finishing the workout.

DAY 3 TRAINING PROTOCOL

- 3 sets of normal grip pull ups (Rest of 60 seconds)
- 3 sets of chin ups (Rest of 60 seconds)
- 3 sets of wide grip pull ups (Rest of 60 seconds)
- You should complete all 9 sets, so choose reps keeping that in mind.
- Moreover reps should be same for all 9 sets.

DAY 4 TRAINING PROTOCOL

- Perform as much number of training sets as possible with perfect form while having 60 seconds of rest in between them.
- If you did 4 reps on low effort sets (day 3), your reps on day 4 will be 5. Simply you will increase repetitions in your training set by one when you do day 4.

DAY 5 TRAINING PROTOCOL

- At this level, you have to repeat the hardest workout whichever you found out in the previous four days. It can be vary from week to week.
- You can also do weighted pull-ups on day 5.

DAY 6 & 7

- Recovery Days

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J Elliott

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Table of Contents Armstrong Pullup Workout Wordpress

1. Understanding the eBook Armstrong Pullup Workout Wordpress
    - The Rise of Digital Reading Armstrong Pullup Workout Wordpress
    - Advantages of eBooks Over Traditional Books
2. Identifying Armstrong Pullup Workout Wordpress
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an Armstrong Pullup Workout Wordpress
    - User-Friendly Interface
4. Exploring eBook Recommendations from Armstrong Pullup Workout Wordpress
    - Personalized Recommendations
    - Armstrong Pullup Workout Wordpress User Reviews and Ratings
    - Armstrong Pullup Workout Wordpress and Bestseller Lists
5. Accessing Armstrong Pullup Workout Wordpress Free and Paid eBooks
    - Armstrong Pullup Workout Wordpress Public Domain eBooks
    - Armstrong Pullup Workout Wordpress eBook Subscription Services
    - Armstrong Pullup Workout Wordpress Budget-Friendly Options
6. Navigating Armstrong Pullup Workout Wordpress eBook Formats

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