

ARMSTRONG PULL UP WORKOUT PROGRAM

DR WORKOUT

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

Armstrong Pullup Workout Wordpress

Robert R. Redfield



Armstrong Pullup Workout Wordpress:

Armstrong Pullup Workout Wordpress Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Armstrong Pullup Workout Wordpress**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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