

ARMSTRONG PULL-UP PROGRAM

Day 1	Day 2	Day 3	Day 4	Day 5	Rest
MAX EFFORT	PYRAMID	GRIP SWITCH	MAX DAY	HARDEST	REST DAYS
<input type="checkbox"/> 3 Max Pushup Sets 5 Max Effort Sets Rest 90 seconds	<input type="checkbox"/> 3 Max Pushup Sets Pyramid of sets of 1, 2, 3, 4, 5, etc. until mixed set. Then one max set. Rest 10 seconds for each pull-up in last set.	<input type="checkbox"/> 3 Max Pushup Sets 3 sets overhand 3 sets palms inward, hands together 3 sets wide grip Rest 60 seconds	<input type="checkbox"/> 3 Max Pushup Sets Max number of Training Sets Rest 60 seconds	<input type="checkbox"/> 3 Max Pushup Sets Repeat the hardest workout of Days 1 through 4	
TRACK IT	TRACK IT	TRACK IT	TRACK IT	TRACK IT	
Set 1 _____ Set 2 _____ Set 3 _____ Set 4 _____ Set 5 _____ Total Pull-ups per Workout: _____	Make tick marks for each pull-up, total after final max effort set. <div style="border: 1px solid black; width: 100px; height: 150px; margin: 10px auto;"></div> Total: _____	Set 1 _____ Set 2 _____ Set 3 _____ Set 4 _____ Set 5 _____ Set 6 _____ Set 7 _____ Set 8 _____ Set 9 _____	Pull-ups per Training Set: ____ Training Sets Successfully Completed: ____ Total Pull-ups per Workout: _____		

Armstrong Pullup Workout Wordpress

Jin-Ying Zhang



Armstrong Pullup Workout Wordpress:

Whispering the Techniques of Language: An Emotional Journey through **Armstrong Pullup Workout Wordpress**

In a digitally-driven world wherever monitors reign supreme and quick communication drowns out the subtleties of language, the profound techniques and mental nuances hidden within words frequently get unheard. However, nestled within the pages of **Armstrong Pullup Workout Wordpress** a interesting fictional prize pulsing with fresh feelings, lies an exceptional journey waiting to be undertaken. Published by a skilled wordsmith, this charming opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the emotional depths of this poignant evaluation, we will embark upon a genuine exploration of the book is primary styles, dissect their charming writing design, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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