

August 26, 2013

Written by Andrea
Sunday, 25 August 2013 19:11 -



Death By Pull-up

With a continuously running clock do one pull-up the first minute, two pull-ups the second minute, three pull-ups the third minute... continuing as long as you are able.

Use as many sets each minute as needed.

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Use whatever pull up, band or progression you are doing at this time.