

January 8, 2012

Written by Andrea
Saturday, 07 January 2012 20:32 -



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.