

**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.

**August 26, 2013**

Written by Andrea

Sunday, 25 August 2013 19:11 -

---

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