

**November 21, 2013**

Written by Andrea

Wednesday, 20 November 2013 19:36 -

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## **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.

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

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