

POWER PULL



1 to failure chin-ups goal 8 in total	2 8 knee-up twists 3 sets 30sec rest	3 to failure chin-ups goal 8 in total	4 8 knee-up twists 3 sets 30sec rest	5 to failure chin-ups goal 10 in total
6 10 knee-up twists 3 sets 30sec rest	7 to failure chin-ups goal 10 in total	8 10 knee-up twists 3 sets 30sec rest	9 to failure chin-ups goal 12 in total	10 12 knee-up twists 3 sets 30sec rest
11 to failure chin-ups goal 12 in total	12 12 knee-up twists 3 sets 30sec rest	13 to failure chin-ups goal 14 in total	14 14 knee-up twists 3 sets 30sec rest	15 to failure chin-ups goal 14 in total

SPLIT THE GOAL TOTAL INTO MANAGEABLE SETS -
AS FEW AS POSSIBLE

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