

pull-up

30-DAY CHALLENGE



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1 1 pull-up 1 pull-up 1 pull-up	2 10 sit-ups 3 sets 30sec rest	3 2 pull-ups 1 pull-up 1 pull-up	4 10 sit-ups 3 sets 30sec rest	5 2 pull-ups 2 pull-ups 1 pull-up
6 15 sit-ups 3 sets 30sec rest	7 2 pull-ups 2 pull-ups 2 pull-ups	8 15 sit-ups 3 sets 30sec rest	9 3 pull-ups 2 pull-ups 1 pull-up	10 15 sit-ups 3 sets 30sec rest
11 3 pull-ups 2 pull-ups 2 pull-ups	12 15 sit-ups 4 sets 30sec rest	13 4 pull-ups 2 pull-ups 1 pull-up	14 15 sit-ups 4 sets 30sec rest	15 4 pull-ups 2 pull-ups 2 pull-ups
16 20 sit-ups 4 sets 30sec rest	17 5 pull-ups 3 pull-ups 1 pull-up	18 20 sit-ups 4 sets 30sec rest	19 5 pull-ups 4 pull-ups 2 pull-ups	20 20 sit-ups 4 sets 30sec rest
21 6 pull-ups 4 pull-ups 1 pull-up	22 20 sit-ups 5 sets 30sec rest	23 7 pull-ups 4 pull-ups 2 pull-ups	24 20 sit-ups 5 sets 30sec rest	25 8 pull-ups 4 pull-ups 3 pull-ups
26 20 sit-ups 6 sets 30sec rest	27 9 pull-ups 4 pull-ups 2 pull-ups	28 20 sit-ups 6 sets 30sec rest	29 rest day	30 10 pull-ups 5 pull-ups 3 pull-ups