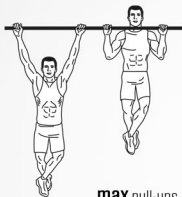


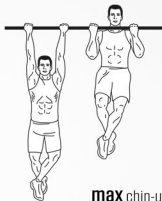
4x4

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WORKOUT

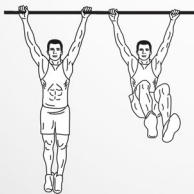
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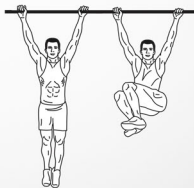
max pull-ups
4 sets | 2 min rest between sets



max chin-ups
4 sets | 2 min rest between sets



max knee-ups
4 sets | 2 min rest between sets



max twisting knee-ups
4 sets | 2 min rest between sets