

Name: _____

Goals: _____

TIER 1 PULL-UPS

READ BEFORE BEGINNING

****Assess your weight totals and averages by performing 2-5 reps of each exercise that uses weights. You want to maintain about 60-75% of your MAX for the duration of the workout. Remember you can always go up in weight **but attempting something too heavy can result in injury.****

Example – I can curl 20lbs 4 times MAX so what is 75% of 20 = $.75 \times 20 = 15\text{lbs}$ (Target weight for the exercise)

Phase 1: Complete this before beginning week 1 (day 1)

1. Pull-Ups: Can you do any, and if so, how many with good form?
2. Negatives: How many unbroken Negatives can you do with a 5 second lower?
3. 90 Degree Isometric Hold: Can you hold yourself on the bar with your arms bent to 90 degrees and if so, how long?
4. Dead Hang: How long can you hold on to the bar with straight arms? Time yourself until failure.

Phase 2: Complete this before beginning week 3 (day 9)

1. Pull-Ups: Can you do any, and if so, how many with good form?
2. Negatives: How many unbroken Negatives can you do with a 5 second lower?
3. 90 Degree Isometric Hold: Can you hold yourself on the bar with your arms bent to 90 degrees and if so, how long?
4. Dead Hang: How long can you hold on to the bar with straight arms? Time yourself until failure.

Phase 3: Complete this before beginning week 4 (day 13)

*During phase #3 if you cannot do a pull-up during the required exercise, replace any 1 pull-up with 2 negatives.

1. Pull-ups: Can you do any pull-ups? If so, how many with good form?
2. Negatives: How many unbroken Negatives can you do with a 5 second lower?
3. 90 Degree Isometric Hold: Can you hold yourself on the bar with your arms bent to 90 degrees and if so, how long?
4. Deadhang: How long can you hold on to the bar with straight arms? Time yourself until failure.

Day 1

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Bicep Curls x 12
- ☐ 90 Degree Dumbbell hold x 10 Seconds (Palms facing up – Supinated)
- ☐ Finger Curls x 12
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Lateral Curls x 12
- ☐ Bent Over Change Pulls x 10
- ☐ Dumbbell Hold x 20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Standing Dumbbell Russian Twists x 12 (6 each side 12 total)
- ☐ High Position Iso Hold x10 seconds (Hammer Position)
- ☐ Medium degree Iso Hold x10 seconds (Palms Down – Pronated)
- ☐ Low Position Iso Hold x10 seconds (Hammer Position)
- ☐ Bent Over Lateral Raise x10
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 2

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Russian Twists x20 (10 on each side, 20 total)
- ☐ V-Situps x10
- ☐ Ankle Taps x20 (10 on each side, 20 total)
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Bridge Leg Kicks x20 (10 on each side, 20 total)
- ☐ Push-ups x5
- ☐ Bridge Leg Kicks x20 (10 on each leg, 20 total)
- ☐ Push-up negatives x5 (lower for 4 seconds)
- ☐ Diver Sit-Ups x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Front Plank x 30
- ☐ Boat Hold x20 seconds
- ☐ Russian Twists x20 (10 on each side, 20 total)
- ☐ V-Situps x15
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 3

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Standing Dumbbell Russian Twists x20 (10 on each side, 20 total)
- ☐ Shoulder Curl x12 (6 on each arm, 12 total)
- ☐ 90 Degree Dumbbell Hold x10 seconds (supinated)
- ☐ Shrugs x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ 90 Degree Dumbbell Hold x15 seconds (Hammer Position)
- ☐ Bent Over Row x10 (Hammer Position)
- ☐ Finger Curls x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

Notes:

- ☐ Dumbbell Running Man x20 seconds
- ☐ Lateral Curls x10
- ☐ Bicep Curls x8
- ☐ Dumbbell hold x20 seconds
- ☐ (Complete Circuit 3 times total)

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 4

Warm Up

- ☐ I's x15
- ☐ T's x15
- ☐ (Rest 60-90 Seconds) - Repeat x2
- ☐ Y's x15
- ☐ Lateral Curls x15
- ☐ Air Squats x15
- ☐ Squat Walks x10 (Each Direction)

Workout

- ☐ Front Plank x20 seconds
- ☐ Front Plank Points x8
- ☐ Front Plank x10 seconds
- ☐ Boat Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ I's x20
- ☐ T's x20
- ☐ Y's x20
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Single Leg Toe Touch x15 seconds on each leg
- ☐ Layback Toe Hold x15 seconds
- ☐ Russian Twist Hold x10 seconds on each side
- ☐ V-Sit Up Hold x15 seconds
- ☐ (Complete Circuit 3 times total)

- ☐ Bridge Leg Kick Hold x
- ☐ Double Leg Bridge Hold x15 seconds
- ☐ Ankle Tap Hold x15 seconds (15 seconds each side 30 seconds total)
- ☐ Boat Hold x20 seconds
- ☐ (Complete Circuit 2 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Legs together - stretching hamstrings
- ☐ Tricep stretch
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 5

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Bicep Curls x 10 (2 second pause at the top of the rep)
- ☐ 90 Degree Dumbbell hold x 15 Seconds (Palms facing up – Supinated)
- ☐ Finger Curls x 12
- ☐ Dumbbell Hold x10 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Lateral Curls x 12
- ☐ Bent Over Change Pulls x 8 (2 seconds pause at the top of the rep)
- ☐ Dumbbell Hold x 30 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

Notes:

- ☐ Standing Dumbbell Russian Twists x 10 (2 seconds between each rep) (5 each side, 10 total)
- ☐ High Position Iso Hold x12 seconds (Hammer Position)
- ☐ Medium degree Iso Hold x12 seconds (Palms Down – Pronated)
- ☐ Low Position Iso Hold x12 seconds (Hammer Position)
- ☐ Bent Over Lateral Raise x10 (2 Second pause at the top of the rep)
- ☐ (Complete Circuit 3 times total)

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 6

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Russian Twists x12 (2 second pause between each rep) (6 on each side, 12 total)
- ☐ V-Situps x12
- ☐ Ankle Taps x20 (10 on each side, 20 total)
- ☐ V-Situp Hold x 20 Seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Bridge Leg Kicks x20 (10 on each side, 20 total)
- ☐ Push-up negatives x5 (lower for 4 seconds)
- ☐ Bridge Leg Kicks x20 (10 on each leg, 20 total)
- ☐ Push-up negatives x5 (lower for 4 seconds)
- ☐ Diver Sit-Ups x8 (pause for 2 seconds at the top of rep)
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

Notes:

- ☐ Front Plank x 30
- ☐ Boat Hold x20 seconds
- ☐ Russian Twists x20 (10 on each side, 20 total)
- ☐ V-Situps x12 (pause for 2 seconds at top of rep)
- ☐ (Complete Circuit 3 times total)

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ You're done!

Day 7

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Standing Dumbbell Russian Twists x20 (10 on each side, 20 total)
- ☐ Shoulder Curl x12 (Pause for 2 seconds at top of rep)
- ☐ 90 Degree Dumbbell Hold x15 seconds (supinated)
- ☐ Shrugs x8
- ☐ Dumbbell Hold x15
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

Notes:

- ☐ 90 Degree Dumbbell Hold x20 seconds (Hammer Position)
- ☐ Bent Over Row x8 (Pause for 2 seconds at top of rep) (Hammer Position)
- ☐ Finger Curls x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Dumbbell Running Man x15 seconds (Switch directions for another 15 seconds)
- ☐ Lateral Curls x12
- ☐ Bicep Curls x6 (Pause for 2 seconds at top of rep)
- ☐ Shrugs x8
- ☐ Dumbbell hold x15 seconds
- ☐ (Complete Circuit 3 times total)

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ You're done!

Day 8

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Front Plank x20 seconds
- ☐ Front Plank Points x6 (hold each point for 3 seconds)
- ☐ Front Plank x15 seconds
- ☐ Boat Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ I's x20
- ☐ T's x20
- ☐ Y's x20
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Single Leg Toe Touch x15 seconds on each leg
- ☐ Layback Toe Hold x20 seconds
- ☐ Russian Twist Hold x15 seconds on each side
- ☐ V-Sit Up Hold x15 seconds
- ☐ (Complete Circuit 3 times total)

- ☐ Bridge Leg Kick Hold x
- ☐ Double Leg Bridge Hold x20 seconds
- ☐ Ankle Tap Hold x15 seconds (15 seconds each side 30 seconds total)
- ☐ Boat Hold x30 seconds
- ☐ (Complete Circuit 2 times total)

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Calf stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Cobra
- ☐ Quad stretch

✓ **You're done!**

Notes:

Day 9

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Bent Over Single Arm Pull x10 (each arm)
- ☐ Lateral Curls x10
- ☐ Bicep Curls x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Negatives x3 (5 seconds lower)
- ☐ Forehead Curls x8
- ☐ Bent Over Change Pulls
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Dumbbell Running Man x20 seconds
- ☐ 90 Degree Dumbbell Hold x15 seconds
- ☐ Bicep Curls x8
- ☐ Finger Curls x10
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 10

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Front Plank Points x10
- ☐ Plank Up Downs x4
- ☐ Russian Twists x20
- ☐ Diver Sit-Ups x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ High Plank Walk Outs x5
- ☐ High Plank Hold x30 Seconds
- ☐ Hip Flexor Resist x8 (each leg)
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Prone Tail Lifts x15
- ☐ Leg Lifts x10
- ☐ Leg Circles x8 (both directions)
- ☐ V-Situps x15
- ☐ V-Situp Hold x15 seconds
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ You're done!

Day 11

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ 90 Degree Hang x10 Seconds
- ☐ Lateral Curls x10
- ☐ Bent Over Lateral Raise x10
- ☐ Hammer Curls x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ 90 Degree Negatives x4 (3 seconds lower)
- ☐ Dumbbell Running Man x20 seconds
- ☐ Farmer's Walk x30 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ High Position Iso Hold x15 seconds (Hammer Position)
- ☐ Medium degree Iso Hold x15 seconds (Palms Down – Pronated)
- ☐ Low Position Iso Hold x15 seconds (Hammer Position)
- ☐ Bicep Curls x12
- ☐ Deadhang Until Failure
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 12

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ I's x20
- ☐ T's x20
- ☐ Y's x20
- ☐ Standing Russian Twists x20
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pushups x6
- ☐ Plank Up Downs x8
- ☐ Front Plank Hold x30 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Side Plank Hold x30 seconds (both sides)
- ☐ Prone Tail Lifts x10
- ☐ Deadhang Knee Lifts x8
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 13

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ (Rest 60-90 Seconds) - Repeat x2
- ☐ Air Squats x15
- ☐ Squat Walks x10 (Each Direction)

Workout

- ☐ Bicep Curls x 10
- ☐ 1 Pull-Up
- ☐ Bent Over Single Arm Pull x8
- ☐ 1 Pull-Up
- ☐ 2 Negatives
- ☐ 90 Degree Switch Curls x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bottom Half Pull-Up x3
- ☐ Top Half Pull-Up Negative x3
- ☐ Negatives x3
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Dumbbell Hold x30 seconds
- ☐ Lateral Curls x10
- ☐ Farmer's Walk x1 Minute
- ☐ Deadhang (Until Failure)
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Legs together - stretching hamstrings
- ☐ Quad stretch
- ☐ Tricep stretch
- ☐ Deltoid stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 14

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ (Rest 60-90 Seconds) - Repeat x2
- ☐ Air Squats x15
- ☐ Squat Walks x10 (Each Direction)

Workout

- ☐ Plank Up-Downs x8
- ☐ Boat Hold x30 Seconds
- ☐ V Sit-Ups x15
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Prone Tail Lifts x15
- ☐ Leg Lifts x10
- ☐ Leg Circle x8
- ☐ Ankle Taps x15 (both sides)
- ☐ Russian Twists x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bridge Leg Kick Hold x15 seconds (15 seconds each leg, 30 seconds total)
- ☐ Double Leg Bridge Hold x15 seconds
- ☐ Bridge Leg Kicks x10 (each leg)
- ☐ Front Plank x30 seconds
- ☐ V Sit-Ups
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Legs together - stretching hamstrings
- ☐ Quad stretch
- ☐ Tricep stretch
- ☐ Deltoid stretch
- ☐ Calf stretch
- ☐ Cobra

Notes:

✓ **You're done!**

Day 15

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Pull-Up High Position Hold x5 seconds
- ☐ Pull-Up Middle Position Hold x5 seconds
- ☐ Pull-Up Low Position Hold x5 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ 90 Degree Dumbbell Hold x15 seconds (supinated)
- ☐ 90 Degree Dumbbell Hold x15 seconds (hammer)
- ☐ 90 Degree Dumbbell Hold x15 seconds (pronated)
- ☐ Lateral Curls x6
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Farmer's Walk x1 minute
- ☐ Push-Ups x6
- ☐ Forehead Curls x12
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 16

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ (Rest 60-90 Seconds) - Repeat x2
- ☐ Air Squats x15
- ☐ Squat Walks x10 (Each Direction)

Workout

- ☐ Russian Twists x20
- ☐ V Sit-Ups x15
- ☐ Ankle Taps x20 (10 each side, 20 total)
- ☐ Hip Flexor Resist x6 (each leg)
- ☐ Boat Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Front Plank Points x6
- ☐ Plank Up-Downs x5
- ☐ High Plank Walk Outs x4
- ☐ High plank Hold x15 seconds
- ☐ Push-Up Negatives
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Prone Tail Lifts x15
- ☐ Leg Lifts x10
- ☐ Leg Circls x8 (both directions)
- ☐ Diver Sit-Ups x6
- ☐ V Sit-Up x15
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Legs together - stretching hamstrings
- ☐ Quad stretch
- ☐ Tricep stretch
- ☐ Deltoid stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 17

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Lateral Curls x10
- ☐ Bent Over Lateral Raise x8
- ☐ Forehead Curls x6
- ☐ Negatives x3
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Up x1
- ☐ Forehead Curls x6
- ☐ Pull-Up x1
- ☐ 90 Degree Dumbbell Hold x30
- ☐ Dumbbell Running Man x30
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bent Over Change Pulls x8
- ☐ Curls x8
- ☐ Negatives x3
- ☐ Deadhang x15 seconds
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ You're done!

Day 18

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Bicep Curls x 8
- ☐ 2 Pull-Ups
- ☐ Bent Over Single Arm Pull x6
- ☐ 2 Pull-Ups
- ☐ 2 Negatives
- ☐ 90 Degree Switch Curls x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Bottom Half Pull-Up x3
- ☐ Top Half Pull-Up Negative x3
- ☐ Negatives x5
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Dumbbell Hold x30
- ☐ Lateral Curls x10
- ☐ Farmer's Walk x1 minute
- ☐ Deadhang (until failure)
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 19

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Plank Up-Downs x5
- ☐ Front Plank Points x4
- ☐ Boat Hold x30
- ☐ V Sit-Ups x15
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Prone Tail Lifts
- ☐ Leg Lifts x10
- ☐ Leg Circle x8 (both directions)
- ☐ Ankle Taps x15 (both sides)
- ☐ Russian Twists x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bridge Leg Kick Hold x15 seconds (15 seconds each side, 30 seconds total)
- ☐ Double Leg Bridge Hold x15 seconds
- ☐ Bridge Leg Kick x10 (each leg)
- ☐ Front Plank x30 seconds
- ☐ V Sit-Ups x15
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Calf stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Cobra
- ☐ Quad stretch

✓ **You're done!**

Day 20

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Pull-Up High Position Hold x5 seconds
- ☐ Pull-Up Middle Position Hold x5 seconds
- ☐ Pull-Up Low Position Hold x5 seconds
- ☐ Negative x1
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 30 seconds)
- ☐ 90 Degree Dumbbell Hold x20 seconds (supinated)
- ☐ 90 Degree Dumbbell Hold x20 seconds (hammer)
- ☐ 90 Degree Dumbbell Hold x20 seconds (pronated)
- ☐ Lateral Curls x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Farmer's Walk 1 minute
- ☐ Push-Ups x6
- ☐ Forehead Curls x12
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Day 21

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Russian Twists x20
- ☐ V Sit-Ups x15
- ☐ Ankle Taps x20 (10 each side, 20 total)
- ☐ V Sit-Up Hold x15 seconds
- ☐ Hip Flexor Resist x6
- ☐ Boat Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Front Plank Points x6
- ☐ Plank Up-Downs x5
- ☐ High Plank Walk Outs x4
- ☐ High Plank Hold x15 seconds
- ☐ Push-Up Negatives x3
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Prone Tail Lifts x15
- ☐ Leg Lifts x10
- ☐ Leg Circle x8 (both directions)
- ☐ Diver Sit-Ups x6
- ☐ V Sit-Ups x15
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Calf stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Cobra
- ☐ Quad stretch

✓ **You're done!**

Day 22

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Lateral Curls x12
- ☐ Bent Over Lateral Raise x8
- ☐ Forehead Curls x6
- ☐ High Pull-Up Position Hold x5 seconds
- ☐ Negatives x3
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Ups x2
- ☐ Forehead Curls x6
- ☐ Pull-Ups x2
- ☐ 90 Degree Dumbbell Hold x30 seconds
- ☐ Dumbbell Running Man x30 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bent Over Change Pulls x8
- ☐ Curls x8
- ☐ Negatives x3
- ☐ Deadhang (until failure)
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Calf stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Cobra
- ☐ Quad stretch

✓ **You're done!**

Day 23

Warm Up

- ☐ I's x15
- ☐ Y's x15
- ☐ Air Squats x15
- ☐ T's x15
- ☐ Lateral Curls x15
- ☐ Squat Walks x10 (Each Direction)
- ☐ (Rest 60-90 Seconds) - Repeat x2

Workout

- ☐ Lateral Curls x12
- ☐ Bent Over Lateral Raise x8
- ☐ Forehead Curls x8
- ☐ High Pull-Up Position Hold x5 seconds
- ☐ Negatives x3
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Up x2
- ☐ Forehead Curls x6
- ☐ Pull-Up x2
- ☐ 90 Degree Dumbbell Hold x30 seconds
- ☐ Dumbbell Running Man x30 seconds
- ☐ (rest 60-90 seconds)

- ☐ Bent Over Change Pulls x8
- ☐ Curls x8
- ☐ Negatives x3
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- ☐ Legs wide - stretching down the middle/left/right
- ☐ Tricep stretch
- ☐ Legs together - stretching hamstrings
- ☐ Deltoid stretch
- ☐ Quad stretch
- ☐ Calf stretch
- ☐ Cobra

✓ **You're done!**

Results:

1. Pull-Ups: Can you do any, and if so, how many with good form?
2. Negatives: How many unbroken Negatives can you do with a 5 second lower?
3. 90 Degree Isometric Hold: Can you hold yourself on the bar with your arms bent to 90 degrees and if so, how long?
4. Dead Hang: How long can you hold on to the bar with straight arms? Time yourself until failure.
5. Completing Tier 1 helped me learn _____

6. I will be completing Tier 1 again/moving on to Tier 2 (circle one) because _____

7. Other results: _____

Let me know how you did! Email support@michaeleckertfit.com with your results.