Name:			
Goals:			

# TIER 4 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 x 20 = 15lbs (Target weight for the exercise)

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

- 1. Pull-Ups: How many can you do 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: How many can you do 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)

- 1. Pull-ups: How many can you do 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.



#### Warm Up

l's x15	☐ Y's x15		☐ Air	Squats x15
T's x15	☐ Lateral Curls x15		☐ Sq	uat Walks x10 (Each Direction)
(Rest 60-90 Seconds) - R	epeat x2			
		Workou	ut	
Bicep Curls x12				
Lateral Curls x12				
Forehead Curls x12			Notes:	
Dumbbell Hold x30 secon	nds			
(Complete Circuit 3 times	total)			
(rest 60-90 seconds)				
Dumbbell Running Man x	30 seconds			
Standing Russian Twist x	30 seconds			
Dumbbell Running Man x	30 seconds			
(Complete Circuit 3 times	total)			
(rest 60-90 seconds)				
90 Degree Switch Curls x	30 seconds			
Bent Over Lateral Raise x	<b>d</b> 2			
Farmer's Walk x1 minute				
Bicep Curls x12				
(Complete Circuit 3 times	total)			
		Cooldo	wn	
Legs wide - stretching dov	wn the middle/left/right			☐ Tricep stretch
Legs together - stretching	hamstrings			☐ Deltoid stretch
Quad stretch				☐ Calf stretch
				☐ Cobra

√ You're done!

#### 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) - F	Repeat x2										
	Workout										
☐ Front Plank x30 seconds											
☐ Front Plank Points x6											
☐ Plank Up Downs		N	otes:								
☐ Boat Hold x30 seconds		_									
☐ Front Plank x30 seconds		-									
☐ V Sit-Up Hold x20 seconds		-									
☐ (Complete Circuit 3 times to	otal)										
(rest 60-90 seconds)		_									
		-									
☐ Bridge Leg Kicks x10 (each	leg)	-									
☐ Leg Lifts x10		_									
☐ Push Ups x8											
☐ Bridge Leg Kicks x10											
☐ Leg Circle x8 (both direction	าร)										
☐ Russian Twists x20											
☐ (Complete Circuit 3 times to	otal)										
(rest 60-90 seconds)											
☐ Ankle Taps x20 seconds (ea	ach side)										
☐ Double Leg Bridge Hold x15	5 seconds										
☐ Diver Sit-Up x10											
☐ V Sit-Ups x15											
☐ V Sit-Up Hold x20 seconds											
☐ (Complete Circuit 3 times to	otal)										
	Co	oldown	1								
☐ Legs wide - stretching dowr	the middle/left/right	☐ Tr	icep stretch	☐ Calf stretch							
☐ Legs together - stretching h	amstrings		☐ Deltoid stretch	☐ Cobra							
Quad stretch											

√ You're done!

#### Warm Up

l's x15	☐ Y's x15		☐ Air	Squats x15
T's x15	☐ Lateral Curls x15		☐ Sq	uat Walks x10 (Each Direction)
(Rest 60-90 Seconds) - R	epeat x2			
		Workou	ut	
High Position Iso Hold x2	0 seconds			
Middle Position Iso Hold	c20 seconds			
Low Position Iso Hold x20	) seconds		Notes:	
Shoulder Curls x10				
(Complete Circuit 3 times	total)			
(rest 60-90 seconds)				
Bent Over Lateral Raise	12			
Bent Over Change Pull x8	3			
Bent Over Row x8				
Forehead Curls x8				
(Complete Circuit 3 times	total)			
(rest 60-90 seconds)				
Farmer's Walk x1 minute				
Finger Curls x12				
Forehead Curls x12				
Push Ups x10				
(Complete Circuit 3 times	total)			
		Cooldo	wn	
Legs wide - stretching dov	wn the middle/left/right			☐ Tricep stretch
Legs together - stretching	hamstrings			☐ Deltoid stretch
Quad stretch				☐ Calf stretch
				☐ Cobra

#### Warm Up

l's x15	☐ Y's x15			Air Squats x15	
T's x15	☐ Lateral Curls x15			Squat Walks x10 (Each	Direction)
(Rest 60-90 Seconds) - R	epeat x2				
		Workou	ıt		
Bicep Curls x12					
Forehead Curls x12					
Pull-Up (60% of your max	<b>(</b> )		Notes:		
Pull-Up Negatives x5					
(Complete Circuit 3 times	total)				
(rest 60-90 seconds)					
Deadhang x30 seconds					
Dumbbell Running Man x	30 seconds				
Lateral Curls x12					
(Complete Circuit 3 times	total)				
(rest 60-90 seconds)					
Pull-Up High Position Hol	d x15 seconds				
Pull-Up Medium Position	Hold x15 seconds				
Pull-Up Low Position Hold	d x15 seconds				
(Complete Circuit 3 times	total)				
		Cooldo	wn		
Legs wide - stretching do	wn the middle/left/right			☐ Tricep stretch	☐ Calf stretch
Legs together - stretching	hamstrings			☐ Deltoid stretch	☐ Cobra
Quad stretch					
 You're done!					

#### Warm Up

☐ I's x15	☐ Y's x15		☐ Air S	Squats x15
☐ T's x15	☐ Lateral Curls x15		☐ Squ	at Walks x10 (Each Direction)
(Rest 60-90 Seconds) - Re	peat x2			
		Worko	ut	
☐ Front Plank x30 seconds	3			
☐ Front Plank Points x4 (e	ach arm)			
☐ Plank Up Downs x4			Notes:	
☐ Front Plank x30 seconds	3			
☐ (Complete Circuit 3 time	s total)			
(rest 60-90 seconds)				
☐ Russian Twists x20				
☐ Leg Lifts x10				
☐ Leg Circle x8 (both direct	ctions)			
☐ V Sit-Up x 15				
☐ Russian Twists x20				
☐ (Complete Circuit 3 time	s total)			
(rest 60-90 seconds)				
☐ Bridge Leg Kicks x10 (ea	ach leg)			
☐ Double Leg Bridge Hold	x15 seconds			
☐ Diver Sit-Up x12				
☐ Boat Hold x30 seconds				
☐ V Sit-Up Hold x20 secon	nds			
☐ V Sit-Up x12				
☐ (Complete Circuit 3 time	s total)			
		Cooldo	wn	
Legs wide - stretching dow	n the middle/left/right			☐ Tricep stretch
Legs together - stretching h	namstrings			☐ Deltoid stretch
☐ Quad stretch				☐ Calf stretch
Cobra				

√ You're done!

#### Warm Up

l's x15			☐ Air So	quats x15	
T's x15	☐ Lateral Curls x15		☐ Squa	t Walks x10 (Each	Direction)
(Rest 60-90 Seconds) - Re	epeat x2				
	V	Norkou	t		
Hammer Curls x8					
Forehead Curls x8					
Lateral Curl x8		1	Notes:		
Dumbbell Hold x20 secon	ds				
(Complete Circuit 3 times	total)				
(rest 60-90 seconds)					
Pull-Up Negatives x5					
Lateral Curls x8					
Pull-Ups (70% of your ma	x)				
Bicep Over Change Pull x	10				
Pull-Ups (50% of your ma	x)				
(Complete Circuit 3 times	total)				
(rest 60-90 seconds)					
Farmer's Walk x1 minute					
Finger Curls x12					
Shoulder Curls x8					
Bicep Curls x8					
Deadhang (until fail)					
(Complete Circuit 3 times	total)				
	С	ooldow	'n		
Legs wide - stretching dov	vn the middle/left/right		☐ Tricep	o stretch	☐ Calf stretch
Legs together - stretching	hamstrings		☐ Delto	id stretch	☐ Cobra
Quad stretch					
 You're done!					

#### Warm Up

☐ I's x15		」Y's x15		☐ Air Squats x15		
☐ T's x15		Lateral Curls x15		☐ Squat Walks x10	(Each Direct	ion)
☐ (Rest 60-	-90 Seconds) - Repea	it x2				
			Workout			
☐ Plank Up	Downs x10					
☐ Boat Hole	d x30 seconds					
☐ Plank Up	Downs x10		N	otes:		
☐ Bridge Le	eg Kicks x10 (each leg	g)	_			
☐ Push Up	x10		_			
☐ (Complet	te Circuit 3 times total	)	_			
☐ (rest 60-9	90 seconds)		_			
			_			
Russian	Twists x20		-			
☐ V Sit-Ups	s x10		_			
Russian	Twists x20		_			
☐ V Sit-Ups	s x10		_			
☐ V Sit-Up	Hold x20 seconds					
☐ (Complet	te Circuit 3 times total	)				
(rest 60-9	90 seconds)					
☐ Diver Sit-	-Up x10					
☐ Front pla	nk x30 seconds					
☐ Front pla	nk Points x8 (each an	m)				
☐ Prone Ta	il Lifts x10					
☐ Bridge Le	eg Kicks x10 (each leg	g)				
☐ Leg Lifts	x8					
Leg Circl	es x8					
☐ (Complet	e Circuit 3 times total	)				
			Cooldowr	1		
☐ Legs wid	e - stretching down th	e middle/left/right		☐ Tricep stretch		Calf stretch
☐ Legs tog	ether - stretching ham	strings		☐ Deltoid stretch		Cobra
☐ Quad str	etch					
,						

√ You're done!

#### Warm Up

l's x15	☐ Y's x15		☐ Air	Squats x15					
T's x15	☐ Lateral Curls x15			uat Walks x10 (Each	Direction)				
(Rest 60-90 Seconds) -	Repeat x2								
Workout									
Forehead Curls x10									
Pull-Ups (50% of your m	nax)		Notes:						
Forehead Curls x10									
Negatives x5									
Forehead Curls x10									
Negatives x5									
(Complete Circuit 3 time	s total)								
(rest 60-90 seconds)									
Shoulder Curls x10									
Farmer's Walk x1 minute	е								
Dumbbell Running Man	x30 seconds								
Lateral Curls x10									
(Complete Circuit 3 time	s total)								
(rest 60-90 seconds)									
Pull-Up High Position Ho	old x20 seconds								
Pull-Up Medium Position	n Hold x20 seconds								
Pull-Up Low Position Ho	ld x20 seconds								
Deadhang x10 seconds									
(Complete Circuit 3 time	s total)								
		Cooldo	wn						
Legs wide - stretching de	own the middle/left/right			☐ Tricep stretch	☐ Calf stretch				
Legs together - stretchin	g hamstrings			☐ Deltoid stretch	☐ Cobra				
				☐ Quad stretch					

√ You're done!

#### Warm Up

☐ I's x15	☐ Y's x15		☐ Air Squats x1	5
☐ T's x15	☐ Lateral Curls x15		☐ Squat Walks	x10 (Each Direction)
☐ (Rest 60-90 Seconds) - I	Repeat x2			
		Workou	ut	
☐ Plank Up Downs x5				
☐ Front Plank x30 seconds	3			
☐ Plank Up Downs x5			Notes:	
☐ Front Plank x30 seconds	3			
☐ Front Plank Points x8				
☐ (Complete Circuit 3 time	s total)			
(rest 60-90 seconds)				
☐ Russian Twists x20				
☐ V Sit-Ups				
☐ Russian Twists x20				
☐ V Sit-Ups x20				
☐ (Complete Circuit 3 time	s total)			
(rest 60-90 seconds)				
☐ Double Leg Bridge Hold	x45 seconds			
☐ Prone Tail Life x10				
☐ Boat Hold x30 seconds				
☐ V Sit-Up Hold x20 secon	nds			
☐ V Sit-Ups x10				
☐ (Complete Circuit 3 time	s total)			
		Cooldo	wn	
☐ Legs wide - stretching do	own the middle/left/right		☐ Tricep stretch	☐ Calf stretch
☐ Legs together - stretchin	g hamstrings		☐ Deltoid stretc	h 🗌 Cobra
Quad stretch				

√ You're done!

#### Warm Up

☐ I's x15	☐ Y's x15		☐ Air	Squats x15
☐ T's x15	☐ Lateral Curls x15		☐ Sq	uat Walks x10 (Each Direction)
☐ (Rest 60-90 Second	s) - Repeat x2			
		Workou	ıt	
☐ Hammer Curls x10				
☐ Forehead Curls x10				
☐ Lateral Curls x10			Notes:	
☐ Dumbbell Hold x30	seconds			
☐ (Complete Circuit 3	times total)			
(rest 60-90 seconds	)			
☐ Pull-Up Negatives x	5			
☐ Lateral Curls x10				
☐ Pull-Ups (75% of yo	ur max)			
☐ Bent Over Change F	Pull x10			
☐ Pull-Ups (50% of yo	ur max)			
☐ (Complete Circuit 3	times total)			
☐ (rest 60-90 seconds	)			
☐ Farmer's Walk x1 m	inute			
☐ Finger Curls x10				
☐ Shoulder Curls x10				
☐ Bicep Curls x10				
☐ Dumbbell Hold x20	seconds			
☐ Deadhang (until fail)				
☐ (Complete Circuit 3	times total)			
		Cooldov	vn	
Legs wide - stretching	ng down the middle/left/right			☐ Tricep stretch
Legs together - stret	tching hamstrings			☐ Deltoid stretch
☐ Quad stretch				☐ Calf stretch
				☐ Cobra

√ You're done!

#### Warm Up

☐ I's x15	☐ Y's x15		☐ Ai	r Squats x15		
☐ T's x15	☐ Lateral Curls x15		☐ Squat Walks x10 (Each Direction)			
☐ (Rest 60-90 Seconds) - Rep	eat x2					
	•	Workou	t			
☐ Plank Up Downs x10						
☐ Boat Hold x30 seconds						
☐ Plank Up Downs x5			Notes:			
☐ Bridge Leg Kicks x10 (each	leg)					
☐ Push Up x10						
☐ (Complete Circuit 3 times to	tal)					
(rest 60-90 seconds)						
☐ Russian Twists x20						
☐ V Sit-Ups x10						
☐ Russian Twists x20						
☐ V Sit-Ups x10						
☐ V Sit-Up Hold x20 seconds						
☐ (Complete Circuit 3 times to	tal)					
☐ (rest 60-90 seconds)						
☐ Diver Sit-Up x10						
☐ Russian Twists x30						
☐ Leg Lifts x8						
☐ Leg Circles x8						
☐ V Sit-Ups x10						
☐ V Sit-Up Hold x15 seconds						
☐ (Complete Circuit 3 times to	tal)					
	C	ooldow	/n			
Legs wide - stretching down	the middle/left/right		☐ Tr	icep stretch	☐ Calf stretch	
Legs together - stretching ha	amstrings			Deltoid stretch	☐ Cobra	
☐ Quad stretch						
√ You're done!						

Warm U
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☐ I's x15	☐ Y's x15	☐ Air Squats x15	
☐ T's x15	☐ Lateral Curls x15	☐ Squat Walks x10 (Each □	Direction)
☐ (Rest 60-90 Secon	nds) - Repeat x2		
	V	Vorkout	
☐ Bicep Curls x10			
☐ Lateral Curls x10			
☐ Shrugs x10		Notes:	
☐ Pull-Ups (50% of n	nax)		
☐ Negatives x5			
☐ Forehead Curls x1	0		
☐ Negatives x5			
☐ (Complete Circuit 3	3 times total)		
(rest 60-90 second	ds)		
☐ Shoulder Curls x10	0		
☐ Dumbbell Hold x30	) seconds		
☐ Farmer's Walk x1 i	minute		
☐ Dumbbell Running	Man x30 seconds		
☐ Forehead Curls x1	0		
☐ (Complete Circuit 3	3 times total)		
☐ (rest 60-90 second	ds)		
☐ Negatives x5			
☐ Pull-Up High Posit	ion Hold x30 seconds		
☐ Pull-Up Medium Po	osition Hold x30 seconds		
☐ Pull-Up Low Position	on Hold x30 seconds		
☐ Deadhang x10 sec	conds		
☐ (Complete Circuit 3	3 times total)		
	С	ooldown	
Legs wide - stretch	ning down the middle/left/right	☐ Tricep stretch	☐ Calf stretch
Legs together - str	etching hamstring	☐ Deltoid stretch	☐ Cobra
☐ Quad stretch			



Warm	Up
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☐ I's x15	☐ Y's x15		☐ Air Squats x15						
☐ T's x15	☐ Lateral Curls x15		☐ Squat Walks x10 (E	Each Direction)					
☐ (Rest 60-90 Seconds) - Re	epeat x2								
Workout									
☐ Plank Up Downs x5									
☐ Front Plank Points x8 (eac	h side)								
☐ Plank Up Downs x5		N	Notes:						
☐ Front Plank x30 seconds		-							
☐ Push Ups x10		-							
☐ (Complete Circuit 3 times t	otal)	-							
(rest 60-90 seconds)		_							
		_							
☐ Russian Twists x20		-							
☐ Leg Lifts x10		-							
☐ Leg Circle x10 (both direct	ions)	_							
☐ Russian Twists x20		_							
☐ V Sit-Ups x20									
☐ V Sit-Up Hold x30 seconds	3								
☐ (Complete Circuit 3 times t	otal)								
(rest 60-90 seconds)									
☐ Double Leg Bridge Hold x4	15 seconds								
☐ Bridge Leg Kicks x8 (each	leg)								
☐ Prone Tail Lift x10									
☐ Boat Hold x30 seconds									
☐ Side Plank x30 seconds (b	ooth sides)								
☐ (Complete Circuit 3 times t	otal)								
	C	ooldowr	า						
Legs wide - stretching dow	n the middle/left/right	□ T	ricep stretch	☐ Calf stretch					
☐ Legs together - stretching	hamstrings		eltoid stretch	☐ Cobra					
☐ Quad stretch									



#### Warm Up

☐ I's x15	☐ Y's x15	☐ Air Squats	x15						
☐ T's x15	☐ Lateral Curls x15	☐ Squat Wall	ks x10 (Each Direction)						
☐ (Rest 60-90 Seconds) - Repeat x2									
Workout									
☐ Shoulder Curls x8									
☐ Hammer Curls x8									
☐ Forehead Curls x8		Notes:							
☐ Lateral Curls x8									
☐ Dumbbell Hold x20 seconds									
☐ Farmer's Walk x30 seconds									
☐ (Complete Circuit 3 times total)									
(rest 60-90 seconds)									
☐ Pull-Up Negatives x7									
☐ Lateral Curls x10									
☐ Pull-Ups (75% of your max)									
☐ Bent Over Change Pull x10									
☐ 90 Degree Switch Curls x8									
☐ Pull-Ups (75% of your max)									
☐ (Complete Circuit 3 times total)									
(rest 60-90 seconds)									
☐ Farmer's Walk x45 seconds									
☐ Finger Curls x10									
☐ Shrugs x10									
☐ Shoulder Curls x10									
☐ Bicep Curls x10									
☐ Dumbbell Hold x30 seconds									
☐ Deadhang (until fail)									
☐ (Complete Circuit 3 times total)									
	Cooldo	wn							
Legs wide - stretching down the mid	ddle/left/right	Tricep stretch	☐ Calf stretch						
Legs together - stretching hamstring	gs	Deltoid stretch	Cobra						
☐ Quad stretch	CHAELECKE	KIFIT.COM							

#### 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) - R	Repeat x2			
		Workout		
☐ Plank Up Downs x8				
☐ Push Ups x10		No	otes:	
☐ Front Plank Points x6 (ea	ch arm)	_		
☐ Boat Hold x45 seconds		_		
☐ Push Up x10		_		
☐ (Complete Circuit 3 times	total)			
(rest 60-90 seconds)		_		
		_		
Russian Twists x20		_		
☐ V Sit-Ups x10				
Leg Lifts x10				
Russian Twists x20				
☐ Leg Circles x8 (both direct	ctions)			
☐ V Sit-Ups x12				
☐ V Sit-Up Hold x20 second	ds			
☐ (Complete Circuit 3 times	total)			
(rest 60-90 seconds)				
☐ Diver Sit-Up x12				
Russian Twists x20				
Leg Lifts x10				
Leg Circles x10				
☐ V Sit-Up x20				
☐ V Sit-Up Hold x30 second	et.			
☐ (Complete Circuit 3 times	total)			
		Cooldown		
Legs wide - stretching do	wn the middle/left/right		☐ Tricep stretch	☐ Calf stretch
Legs together - stretching	ı hamstrings		☐ Deltoid stretch	☐ Cobra
Quad stretch				√ You're done!

	Warm Up						
	l'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					
		Wo	rkout				
	Pull-Ups (max)		Note	es:			
	Negatives x8						
	Push Ups x15		_				
	Bicep Curls x12						
	(Complete Circuit 3 tim	es total)					
	(rest 60-90 seconds)		_				
			_				
		Coc	ldowr	า			
	Legs wide - stretching	down the middle/left/right		☐ Tricep stretch			
	Legs together - stretch	ing hamstrings		☐ Deltoid stretch			
	Quad stretch						
	Calf stretch						
	Cobra						
√,	You're done!						

### Warm Up

l'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		
	Work	cout	
Front Block Boints v.C.	الممثلة عنامما	Not	es:
Front Plank Points x6 (	potn sides)		
Plank Up Downs x8		_	
Front Plank x1 minute		_	
Side Plank x1 minute (	both sides)		
V Sit-Ups x20		_	
V Sit-Up Hold x30 Seco		_	
(Complete Circuit 3 tim	es total)		
(rest 60-90 seconds)		_	
	Coold	lown	
Leas wide - stretchina	down the middle/left/right		☐ Tricep stretch
Legs together - stretchi			☐ Deltoid stretch
Quad stretch	ing namounigo		☐ Calf stretch
Cobra			□ Can sucton
Copia			

### 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	
	Work	out
		Notes:
☐ Pull-Ups x1 minute (as n	nany as you can in 1 minute)	
☐ Rest 1 Minute		
☐ Push Ups x1 minute (as	many as you can in 1 minute)	
Rest 1 Minute		
☐ Dumbbell Running Man can in 1 minute)	x1 minute (as many as you	
☐ Rest 1 minute		
☐ (Complete Circuit 4 times	s total)	
(rest 60-90 seconds)		
	Coold	down
Legs wide - stretching	down the middle/left/right	☐ Tricep stretch
Legs together - stretch	ning hamstrings	☐ Deltoid stretch
☐ Quad stretch		☐ Cobra
☐ Calf stretch		

### Warm Up

☐ l's	s x15	☐ Y's x15			Air Squats x15	
□ T	's x15	☐ Lateral Curls x15			Squat Walks x10 (Eac	ch Direction)
☐ (F	Rest 60-90 Seconds) -	Repeat x2				
		W	orkout			
<ul><li>□ B</li><li>□ V</li><li>□ L</li><li>□ V</li><li>□ (0</li></ul>	Pouble Leg Bridge Hold Soat Hold x30 seconds Soat Hold x30 seconds Sit-Ups x10 eg Circles x10 Sit-Up Hold x20 seconds Complete Circuit 3 timerest 60-90 seconds)	nds	Note	s:		
		Co	oldown			
	egs wide - stretching	down the middle/left/righ	İ		Tricep stretch	☐ Calf stretch
	egs together - stretchi	ng hamstrings			Deltoid stretch	☐ Cobra
	Quad stretch					

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### Warm Up

I's x15 T's x15 (Rest 60-90 Seconds)	☐ Y's x15 ☐ Lateral Curls x15 - Repeat x2	<ul><li>☐ Air Squats x15</li><li>☐ Squat Walks x10 (Each Direction)</li></ul>
	Workout	:
Pull-Ups (90% of max) Lateral Curls x10 Bicep Curls x10 Pull-Ups (75% of max) Negatives x8 Pushups x15 Bicep Curls x20 (Complete Circuit 3 tim		otes:
(rest 30 seconds)	Cooldow	n
Legs wide - stretching of Legs together - stretching Quad stretch	down the middle/left/right ng hamstrings	<ul><li>□ Tricep stretch</li><li>□ Deltoid stretch</li><li>□ Calf stretch</li><li>□ Cobra</li></ul>

√ You're done!

### Warm Up

l's x15	☐ Y's x15		☐ Air Squats x15			
T's x15	Lateral Curls x15		☐ Squat Walks x <sup>2</sup>	10 (Each Direction)		
(Rest 60-90 Seconds) -	Repeat x2					
	Wo	rkout				
		No	tes:			
Front Plank Points x8 (b	oth sides)	_				
Plank Up Downs x8						
Push Ups x8		_				
Front Plank x1 minute						
Side Plank x1 minute (b	oth sides)	_				
V Sit-Ups x20		_				
V Sit-Up Hold x30						
(Complete Circuit 3 time	s total)	_				
(rest 60-90 seconds)						
Cooldown						
Legs wide - stretching d	own the middle/left/right		☐ Tricep stretch	☐ Calf stretch		
Legs together - stretchin	g hamstrings		☐ Deltoid stretch	☐ Cobra		
Quad stretch						

 $\sqrt{\text{You're done!}}$ 

### 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							
		Notes:					
☐ Pull-Ups x1 minute (as many as you can in 1 minute)							
☐ Rest 1 minute							
☐ Push Ups x1 minute (a minute)	as many as you can in 1						
☐ Rest 1 minute							
☐ Dumbbell Running Mayou can in 1 minute)	n x1 minute (as many as						
☐ Rest 1 minute							
☐ (Complete Circuit 3 times)	nes total)						
☐ (rest 60-90 seconds)							
Cooldown							
Legs wide - stretching	down the middle/left/right		Tricep stretch	☐ Calf stretch			
Legs together - stretch	ing hamstrings		Deltoid stretch	☐ Cobra			
☐ Quad stretch							

 $\sqrt{\text{You're done!}}$ 

### Warm Up

l'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 x30		Note	es:					
Double Leg Bridge Hol	d x30 seconds	_						
Bridge Leg Kicks x10 (	each leg)							
Prone Tail Lifts								
Boat Hold x30 seconds	3							
V Sit-Ups x10								
Leg Lifts x10								
Leg Circles x10								
V Sit-Up Hold x30 seco	onds	_						
(Complete Circuit 3 tim	es total)							
(rest 60-90 seconds)								
Cooldown								
Legs wide - stretching	down the middle/left/right	[	Tricep stretch	☐ Calf stretch				
Legs together - stretch	ing hamstrings	[	Deltoid stretch	☐ Cobra				
Quad stretch								

√ 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 <a href="mailto:support@michaeleckertfit.com">support@michaeleckertfit.com</a> with your results.