

GET YOUR FIRST PULL-UP!

Read below then go to the next page for the workout.

READ BEFORE BEGINNING

****Assess your weight totals and averages by performing 2-5 reps of each exercise that use 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)

Day #1

Warm Up -

I's T's Y's x10 each
(Rest 45-60 seconds)
(Repeat x2)

Workout -

Lateral Curls x10
Bicep Curls x10
Forehead Curls x10
Front Plank x30 seconds
Russian twists x20
V sit up x10
Front Plank x30 seconds
Dead hang (Until Failure)
(Rest 60 - 90 seconds)
(Repeat x4)

Day #2

Warm Up -

Dumbbell Running Man
x30 seconds
Lateral curls x15
(Rest 45-60 seconds)
(Repeat x2)

Workout -

Farmers Walk
x1 minute
Finger Curls x20
Forehead Curls x10
Push Up x5
Bridge Leg Kick x10
(each leg)
V Sit-Up x20
V Sit-Up Hold
x20 seconds
Ankle Taps x10
(Rest 60 - 90 seconds)
(Repeat x4)

Day #3

Warm Up -

I's T's Y's x10 each
Bicep Curls x10
(Rest 45-60 seconds)
(Repeat x2)

Workout -

Lateral Curls x10
Bent Over Lateral Raise x10
Shrugs x10
Finger Curls x10
Standing Russian Twists x10
Bent Over Single Arm Pull x10
Front Plank x30 seconds
Front Plank Points x8
(each arm)
Boat Hold x30 seconds
Prone Tail Lifts x10
(Rest 60 - 90 seconds)
(Repeat x4)

**When you have completed 3 weeks of this circuit training -
assess where your pull-up strength is.**

Can you do a Pull-Up?

If **YES** - woohoooo **you're awesome** and congrats!!

If **NO** - **That's ok- you'll get there!** Just repeat these workouts each week and progressively test your max so your strength continues to scale until you can do your very first pull-up!

GET YOUR FIRST PULL-UP!

Click on the movement to see a video demonstration!

1

I's, T's, Y's

2

Lateral Curls

3

Bicep Curls

4

Forehead Curls

5

Front Plank +
Front Plank Points

6

Russian Twists/
Standing
Russian Twists

7

V Sit-Up +
V Sit-Up Holds

8

Deadhang

9

Dumbbell
Running
Man

10

Farmer's
Walk

11

Finger Curls

12

Push Up

13

Bridge Leg
Kicks

14

Ankle Taps

15

Bent Over
Lateral Raise

16

Shrugs

17

Bent Over
Single
Arm Pull

18

Boat Hold

19

Prone Tail Lifts