Name:			
Goals:			

# TIER 2 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							
Workout								
Bicep Curls x 12								
Lateral Curls x12								
Forehead Curls x12			Notes:					
Dumbbell Hold x30								
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Push Ups x8								
Dumbbell Running man x	20 seconds							
90 Degree Switch Curls x	10 (each arm)							
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Dumbbell Hold x30								
Bent Over Lateral Raise x	<b>d</b> 2							
Farmer's Walk x30 secon	ds							
Bicep Curls x8								
(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

l's x15	☐ Y's x15		☐ Air	Squats x15				
T's x15	☐ Lateral Curls x15			uat Walks x10 (Each Direction)				
(Rest 60-90 Seconds) - R	epeat x2							
Workout								
Front plank x30 seconds								
Boat Hold x30 seconds								
Front Plank x30 seconds			Notes:					
V Sit-Up Hold x20 second	ds							
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Bridge Leg Kicks x12 (ea	ch leg)							
Leg Lifts x10								
Leg Circle x8 (both direct	ions)							
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Ankle Taps x20								
Double Leg Bridge Hold	<15 seconds							
Diver Sit-Up x10								
V Sit-Ups x10								
V Sit-Up Hold x10 second	ds							
(Complete Circuit 3 times	total)							
		Cooldo	wn					
Legs wide - stretching do	wn the middle/left/right			☐ Tricep stretch				
Legs together - stretching	hamstrings			☐ Deltoid stretch				
Quad stretch				☐ Calf stretch				
				☐ Cobra				

√ You're done!

#### Warm Up

l's x15	☐ Y's x15		☐ Ai	r Squats x15				
T's x15	☐ Lateral Curls x15			quat Walks x10 (Each Direction)				
(Rest 60-90 Seconds) - R	epeat x2							
Workout								
High Position Iso Hold x15	5 seconds							
Medium Position Iso Hold	x15 seconds							
Low Position Iso Hold x15	seconds		Notes:					
Shoulder Curls x8								
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Bent Over Lateral Raises	x12							
Bent Over Change Pull x8	3							
Bent Over Row x8								
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Farmer's Walk x1 minute								
Finger Curls x12								
Push-Ups x10								
Forehead 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

l's x15	☐ Y's x15		☐ Ai	ir Squats x15			
T's x15	☐ Lateral Curls x15		☐ Se	quat Walks x10 (Each	Direction)		
(Rest 60-90 Seconds) - R	epeat x2						
Workout							
Bicep Curls x12							
Forehead Curls x12							
Pull-Ups (50% of your ma	ax)		Notes:				
Pull-Up Negatives x2							
(Complete Circuit 3 times	total)						
(rest 60-90 seconds)							
Deadhang x30 seconds							
Dumbbell Running Man x	20 seconds						
Lateral Curls x12							
(Complete Circuit 3 times	total)						
(rest 60-90 seconds)							
Push Ups x10							
Bicep Curls x8							
Pull-Up Negatives x4							
Forehead Curls x4							
(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

l's x15	☐ Y's x15		☐ Ai	r Squats x15				
T's x15	☐ Lateral Curls x15		☐ Sc	quat Walks x10 (Each Direction)				
(Rest 60-90 Seconds) - R	epeat x2							
Workout								
Front Plank x30 seconds								
Front Plank Points x6 (ea	ch arm)							
Plank Up Downs x6			Notes:					
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Russian Twists x20								
Leg Lifts x10								
Leg Circle x8 (both directi	ions)							
Russian Twists x20								
(Complete Circuit 3 times	total)							
(rest 60-90 seconds)								
Bridge Leg Kicks x10 (eac	ch leg)							
Double Leg Bridge Hold x	d15 seconds							
Diver Sit Ups x12								
V Sit-Up x12								
V Sit-Up Hold x20 second	ds							
(Complete Circuit 3 times	total)							
		Cooldo	wn					
Legs wide - stretching do	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 S	quats x15
☐ T's x15	☐ Lateral Curls x15		☐ Squa	t Walks x10 (Each Direction)
(Rest 60-90 Seconds) - F	Repeat x2			
	W	/orkou	ıt	
☐ High Position Iso Hold x2	20 seconds			
☐ Medium Position Iso Hole	d x20 seconds			
☐ Low Position Iso Hold x2	0 seconds		Notes:	
☐ Forehead Curls x8				
☐ (Complete Circuit 3 times	s total)			
(rest 60-90 seconds)				
☐ Pull-Up Negatives x3				
☐ Lateral Curls x8				
☐ Pull-Ups (40% of your m	ax)			
☐ Bent Over Change Pulls	x10			
☐ Pull-Ups (40% of your m	ax)			
☐ (Complete Circuit 3 times	s total)			
(rest 60-90 seconds)				
☐ Farmer's Walk x1 minute	2			
☐ Finger Curls x12				
☐ Shoulder Curls x8				
☐ Deadhang (until fail)				
☐ (Complete Circuit 3 times	s total)			
	Co	oldov	vn	
☐ Legs wide - stretching do	own the middle/left/right			Tricep stretch
Legs together - stretching	g hamstrings			Deltoid stretch
☐ Quad stretch				Calf stretch
				Cobra

√ You're done!

#### Warm Up

l's x15	☐ Y's x15		☐ Ai	r Squats x15
T's x15	☐ Lateral Curls x15			quat Walks x10 (Each Direction)
(Rest 60-90 Seconds) - R	tepeat x2			
		Workou	ut	
Plank Up Downs x10				
Boat Hold x30 Seconds				
Bridge Leg Kicks x10 (eac	ch leg)		Notes:	
Push Ups x8				
(Complete Circuit 3 times	total)			
(rest 60-90 seconds)				
Russian Twists x20				
V Sit-Ups x10				
Russian Twists x20				
V Sit-Ups x10				
(rest 60-90 seconds)				
Diver Sit-Up x8				
Front Plank Points x8 (ea	ch arm)			
Prone Tail Lifts x10				
Leg Lifts x8				
Leg Circles x8				
(Complete Circuit 3 times	total)			
		Cooldo	wn	
Legs wide - stretching do	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		☐ Sq	uat Walks x10 (Each	Direction)			
☐ (Rest 60-90 Seconds	s) - Repeat x2							
	Workout							
☐ Pull-Ups x3								
☐ Bicep Curls x10								
☐ Pull-Ups x3			Notes:					
☐ Bicep Curls x10								
☐ Pull-Ups x3								
☐ Bicep Curls x10								
☐ (Complete Circuit 3 ti	mes total)							
(rest 60-90 seconds)								
☐ Deadhang x30 secon	nds							
☐ Farmer's Walk x30 S	econds							
☐ Finger Curls x10								
☐ (Complete Circuit 3 ti	mes total)							
(rest 60-90 seconds)								
☐ Push Up x10								
☐ Front Plank x30 seco	onds							
☐ Push Up x8								
☐ Front Plank x30 seco	onds							
☐ (Complete Circuit 3 ti	mes total)							
		Cooldo	wn					
Legs wide - stretching	g down the middle/left/right			☐ Tricep stretch	☐ Calf stretch			
☐ Legs together - stretc	ching hamstrings			☐ Deltoid stretch	☐ Cobra			
				☐ Quad stretch				

√ You're done!

#### Warm Up

T's x15
Workout  Bridge leg Kicks x10 (each leg) Leg Circles x10 (each direction) Leg Lifts x10 V Sit-Ups x10 (Complete Circuit 3 times total) (rest 60-90 seconds)
<ul> <li>□ Bridge leg Kicks x10 (each leg)</li> <li>□ Leg Circles x10 (each direction)</li> <li>□ Leg Lifts x10</li> <li>□ V Sit-Ups x10</li> <li>□ (Complete Circuit 3 times total)</li> <li>□ (rest 60-90 seconds)</li> </ul>
<ul> <li>□ Bridge leg Kicks x10 (each leg)</li> <li>□ Leg Circles x10 (each direction)</li> <li>□ Leg Lifts x10</li> <li>□ V Sit-Ups x10</li> <li>□ (Complete Circuit 3 times total)</li> <li>□ (rest 60-90 seconds)</li> </ul>
Leg Circles x10 (each direction)   Leg Lifts x10   V Sit-Ups x10   (Complete Circuit 3 times total)   (rest 60-90 seconds)
Leg Lifts x10 Notes:   ∨ Sit-Ups x10 —   (Complete Circuit 3 times total) —   (rest 60-90 seconds) —
<ul> <li>V Sit-Ups x10</li> <li>(Complete Circuit 3 times total)</li> <li>(rest 60-90 seconds)</li> </ul>
☐ (Complete Circuit 3 times total) ☐ (rest 60-90 seconds)
(rest 60-90 seconds)
☐ Diver Sit-Up x10
Diver Sit-Up x10
—
☐ Side plank Hold x30 seconds (each side)
☐ Diver Sit-Up x10
☐ Side plank Hold x30 seconds (each side)
☐ (Complete Circuit 3 times total) ————————————————————————————————————
☐ (rest 60-90 seconds)
☐ Ankle Taps x20
☐ Russian Twists x20
☐ Prone Tail Lifts x10
☐ (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!

### 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) -	Repeat x2			
	V	Norkou	ut	
☐ Forehead Curls x12				
☐ Lateral Curls x10				
☐ Bicep Curls x8			Notes:	
☐ Pull-Up Negatives x5				
☐ (Complete Circuit 3 time	es total)			
(rest 60-90 seconds)				
☐ High Pull-Up Hold x10 s	econds			
☐ Medium Pull-Up Hold x1	15 seconds			
☐ Low Pull-Up Hold x20 s	econds			
☐ (Complete Circuit 3 time	es total)			
(rest 60-90 seconds)				
☐ Farmer's Walk x30 seco	onds			
☐ Shoulder Curls x12				
☐ Farmer's Walk x30 seco	onds			
☐ Shoulder Curls x12				
☐ (Complete Circuit 3 time	es total)			
	C	ooldov	wn	
Legs wide - stretching d	own the middle/left/right			☐ Tricep stretch
Legs together - stretchir	ng hamstrings			Deltoid stretch
☐ Quad stretch				Calf stretch
			J	☐ 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) -	Repeat x2							
	Workout							
☐ Plank Up Downs x10								
☐ Boat Hold x30 seconds								
☐ Layback Toe Touch x8		1	Notes:					
☐ Push Up x8		-		_				
☐ (Complete Circuit 3 time	es total)	-		_				
(rest 60-90 seconds)		_						
		-						
☐ Russian Twists x20		-		_				
☐ V Sit-Ups x10		-		_				
☐ Russian Twists x20		_						
☐ V Sit-Ups x10		-						
☐ (Complete Circuit 3 time	es total)	-		_				
(rest 60-90 seconds)								
☐ Front Plank Points x8 (€	each arm)							
☐ V Sit-Up x20								
☐ V Sit-Up Hold x20 seco	nds							
☐ (Complete Circuit 3 time	es total)							
	Cod	oldow	own					
Legs wide - stretching d	lown the middle/left/right		☐ Tricep stretch					
Legs together - stretchir	ng 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) - Repeat x2								
	Workout							
☐ 90 Degree Switch Curls x10								
☐ Lateral Curls x10								
☐ Pull-Ups x3	Notes:							
☐ Negatives x4								
☐ Bicep Curls x10								
☐ (Complete Circuit 3 times total)								
(rest 60-90 seconds)								
☐ Dumbbell Hold x30 seconds								
☐ Deadhang x30 seconds								
☐ Farmer's Walk x45 seconds								
☐ Finger Curls x12								
☐ (Complete Circuit 3 times total)								
(rest 60-90 seconds)								
☐ Push Ups x10								
☐ Front plank x45 Seconds								
☐ Push Ups x10								
Front Plank x45 seconds								
☐ (Complete Circuit 3 times total)								
	Cooldown							
☐ Legs wide - stretching down the middle/left/right	☐ Tricep stretch ☐ Calf stretch							
Legs together - stretching hamstring	☐ Deltoid 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 (E	Each Direction)
(Rest 60-90 Seconds) - Re	peat x2			
	V	Vorkout		
☐ Double Leg Bridge Hold x3	0 seconds			
☐ Prone Tail Lifts x15				
☐ Leg Lifts x10		No	otes:	
☐ Diver Sit-Ups x10		_		
☐ V Sit-Ups x10		_		
☐ V Sit-Up Hold x20 seconds		_		
☐ (Complete Circuit 3 times to	otal)			
(rest 60-90 seconds)		_		
		_		
☐ Diver Sit-Up x10		_		
☐ Side Plank Hold x45 secon	ds (each side)			
☐ Diver Sit-Up x10				
☐ Side plank Hold x45 secon	ds (each side)			
☐ (Complete Circuit 3 times to	otal)			
(rest 60-90 seconds)				
☐ Ankle Taps x20				
☐ Russian Twists x20				
☐ Boat Hold x30 seconds				
Russian Twists x20				
☐ Boat Hold x20 seconds				
☐ (Complete Circuit 3 times to	otal)			
	Co	ooldown		
☐ Legs wide - stretching dow	n the middle/left/right	☐ Tri	cep stretch	☐ Calf stretch
☐ Legs together - stretching h	namstrings	☐ De	eltoid 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 Direction)
☐ (Rest 60-90 Seconds)	- Repeat x2			
		Workou	t	
☐ Forehead Curls x20				
☐ Lateral Curls x10				
☐ Pull-Ups x3		1	Notes:	
☐ Pull-Up Negatives x5		-		
☐ (Complete Circuit 3 time	nes total)	-		
(rest 60-90 seconds)		-		
		-		
☐ High Pull-Up Hold x20	seconds	-		
☐ Medium Pull-Up Hold >	c20 seconds	-		
☐ Low Pull-Up Hold x20	seconds	_		
☐ Deadhang (until fail)		-		
☐ (Complete Circuit 3 time	nes total)	-		
(rest 60-90 seconds)				
☐ Farmer's Walk x30 sec	conds			
☐ Shoulder Curls x12				
☐ Farmer's Walk x30 sec	conds			
☐ Shrugs x12				
☐ Dumbbell Hold x20 sec	conds			
☐ (Complete Circuit 3 times	nes total)			
		Cooldow	<b>v</b> n	
☐ Legs wide - stretching do	wn the middle/left/right	1	Fricep stretch	☐ Calf stretch
Legs together - stretching	g hamstrings		Deltoid 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 Dir	ection)		
☐ (Rest 60-90 Seconds) - Rep	peat x2				
Workout					
☐ Push Ups x5					
☐ Plank Up Downs x5					
☐ Push Up Negatives x5		Notes:			
☐ Boat Hold x30 seconds					
☐ Single Leg Layback Toe Tou	uch x8				
☐ Layback Toe Touch x8					
☐ Push Up x8					
☐ (Complete Circuit 3 times to	otal)				
(rest 60-90 seconds)					
☐ Russian Twists x20					
☐ V Sit-Ups x10					
☐ Ankle Taps x20					
☐ Leg Circles x8					
☐ Leg Lifts x8					
☐ V Sit-Ups x10					
☐ (Complete Circuit 3 times to	otal)				
(rest 60-90 seconds)					
☐ Front Plank Points x8 (each	arm)				
☐ Diver Sit-Ups x10					
☐ V Sit-Ups x20					
☐ V Sit-Up Hold x20 seconds					
☐ (Complete Circuit 3 times to	otal)				
	Coolde	own			
☐ Legs wide - stretching do	own the middle/left/right	☐ Tricep stretch	☐ Calf stretch		
☐ Legs together - stretching	g 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 x5						
	Push Ups x10		_				
	Bicep Curls x10						
	(Complete Circuit 3 tim	es total)					
	(rest 60-90 seconds)		_				
		Cod	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

<ul><li>☐ I's x15</li><li>☐ T's x15</li><li>☐ (Rest 60-90 Seconds)</li></ul>	<ul><li>☐ Y's x15</li><li>☐ Lateral Curls x15</li><li>Repeat x2</li></ul>	<ul><li>☐ Air Squats x15</li><li>☐ Squat Walks x10 (Each Direction)</li></ul>
	Work	out
☐ Front Plank x1 minute ☐ Side Plank x1 minute ( ☐ V Sit-Ups x20 ☐ V Sit-Up Hold x30 Sec ☐ (Complete Circuit 3 tim ☐ (rest 60-90 seconds)	onds	Notes:
	Coold	lown
<ul><li>☐ Legs wide - stretching</li><li>☐ Legs together - stretch</li><li>☐ Quad stretch</li><li>☐ Cobra</li></ul>	down the middle/left/right ing hamstrings	<ul><li>☐ Tricep stretch</li><li>☐ Deltoid stretch</li><li>☐ Calf stretch</li></ul>

√ 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	
	Worko	out
		Notes:
☐ Pull-Ups x1 minute (as m	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)	c1 minute (as many as you	
☐ Rest 1 minute		
☐ (Complete Circuit 3 times	s total)	
(rest 60-90 seconds)		
	Coolde	own
☐ Leas wide - stretching	down the middle/left/right	☐ Tricep stretch
_	_	☐ Deltoid stretch
Legs together - stretch	ing namoungs	☐ Deitoid 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 (Ea	ch Direction)
(Rest 60-90 Seconds)	- Repeat x2			
	Wor	kout		
D : T :		Notes:		
Russian Twists x30				
Double Leg Bridge Hol				
Boat Hold x30 seconds	3			
V Sit-Ups x10				
Leg Lifts x10				
Leg Circles x10				
V Sit-Up Hold x20 second	onds			
(Complete Circuit 3 tim	es total)			
(rest 60-90 seconds)				
	0			
	Cool	down		
Legs wide - stretching	down the middle/left/right		Tricep stretch	☐ Calf stretch
Legs together - stretch	ing hamstrings		Deltoid stretch	☐ Cobra
Quad stretch				

### 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>
	Workou	ıt
Pull-Ups (50% of max) Lateral Curls x12 Pull-Ups (50% of max) Negatives x5 Pushups x10 Bicep Curls x10 Forehead Curls x8 (Complete Circuit 3 time (rest 30 seconds)	- - - - - -	Notes:
	Cooldov	vn
Legs wide - stretching of Legs together - stretching Quad stretch	down the middle/left/right ing hamstrings	<ul><li>☐ Tricep stretch</li><li>☐ Deltoid stretch</li><li>☐ Calf stretch</li><li>☐ Cobra</li></ul>

### 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			
	Wor	kout		
		Notes:		
☐ Front Plank x1 minute				
☐ Plank Up Downs x6				
☐ Side Plank x1 minute	(both sides)			
☐ Russian Twists x20				
☐ V Sit-Ups x20				
☐ V Sit-Up Hold x30				
☐ (Complete Circuit 3 tir	mes total)			
(rest 60-90 seconds)				
	Cool	down		
☐ Legs wide - stretching	down the middle/left/right		Tricep stretch	☐ Calf stretch
Legs together - stretch	hing hamstrings		Deltoid stretch	☐ Cobra
☐ Quad stretch				

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### Warm Up

☐ I's x15	☐ Y's x15		Air Squats x15	
☐ T's x15	☐ Lateral Curls x15		Squat Walks x10 (E	ach Direction)
☐ (Rest 60-90 Seconds)	- Repeat x2			
	Work	out		
		Notes:		
☐ Pull-Ups x1 minute (as minute)	many as you can in 1			
☐ Rest 1 minute				
☐ Push Ups x1 minute (a minute)	is many as you can in 1			
☐ Dumbbell Running Mayou can in 1 minute)	nn x1 minute (as many as			
Rest 1 minute				
☐ (Complete Circuit 3 tim	nes total)			
(rest 60-90 seconds)				
	Coold	own		
Legs wide - stretching	down the middle/left/right		Tricep stretch	☐ Calf stretch
Legs together - stretch	ing hamstrings		Deltoid stretch	☐ Cobra
☐ Quad stretch				

### Warm Up

l's x15	☐ Y's x15		☐ Air Squats x1	5	
T's x15	☐ Lateral Curls x15		☐ Squat Walks >	د10 (Each	Direction)
(Rest 60-90 Seconds)	- Repeat x2				
	Wor	rkout			
Russian Twists x30		N	otes:		
Bridge Leg Kicks x10 (	each leg)	-			
Double Leg Bridge Hol	d x20 seconds				
Prone Tail Lifts x8		_			
Boat Hold x30 second	S				
V Sit-Ups x10		_			
Leg Lifts x10		-			
Leg Circles x10					
V Sit-Up Hold x20 sec	onds	_			
(Complete Circuit 3 tim	es total)				
(rest 60-90 seconds)					
	Coo	ldow	n		
Legs wide - stretching	down the middle/left/right		☐ Tricep stretch		☐ Calf stretch
Legs together - stretchi	ing hamstrings		☐ Deltoid stretch	1	☐ 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.