

Name: _____

Goals: _____

TIER 3 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: 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.

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

- ☐ Dumbbell Hold x30 seconds
- ☐ Bicep Curls x8
- ☐ Shoulder Curls x8
- ☐ Forehead Curls x8
- ☐ Dumbbell Hold x30 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Finger Curls x12
- ☐ Dumbbell High Position Iso Hold x20 seconds
- ☐ Dumbbell Low Position Iso Hold x20 seconds
- ☐ Lateral Curls x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bent Over Lateral Raise x12
- ☐ Bent Over Row x8
- ☐ Finger Curls x12
- ☐ Farmer's Walk x30 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 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

- ☐ V Sit-Ups x12
- ☐ V Sit-Up Hold x20 seconds
- ☐ Leg Lifts x10
- ☐ Leg Circles x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bridge Leg Kicks x12 (each leg)
- ☐ Push Ups x8
- ☐ Bridge Leg Kicks x12
- ☐ Push Ups x8
- ☐ Russian Twists x20
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Ankle Taps x20 seconds (each side)
- ☐ Boat Hold x30 seconds
- ☐ V Sit-Up Hold x30 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 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

- ☐ Bicep Curls x12 (hammer position)
- ☐ Lateral Curls x12
- ☐ Bicep Curls x8
- ☐ Dumbbell Hold x30
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bent Over Row x12
- ☐ Bent Over Change Pull x8
- ☐ 90 Degree Switch Curls x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Standing Russian Twists x20
- ☐ I's x8
- ☐ T's x8
- ☐ Y's x8
- ☐ Dumbbell Hold x45 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 4

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

- ☐ High Position Iso Hold x20 seconds (hammer)
- ☐ Medium Position Iso Hold x20 seconds (pronated)
- ☐ Low Position Iso Hold x20 seconds (hammer)
- ☐ Pull-Up (50% of your max)
- ☐ Pull-Up Negatives x5
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Farmer's Walk x1 minute
- ☐ Deadhang x30 seconds
- ☐ Bicep Curls x8
- ☐ Dumbbell Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Push Ups x10
- ☐ Lateral Curls x12
- ☐ Pull-Up Negatives x4
- ☐ Forehead Curls x4
- ☐ Pull-Up Negatives x4
- ☐ (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 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

- ☐ Russian Twists x20
- ☐ Diver Sit-Up x10
- ☐ Russian Twists x20
- ☐ V Sit-Ups x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Leg Lifts x10
- ☐ Leg Circle x8 (both directions)
- ☐ Boat Hold x30 seconds
- ☐ Leg Lifts x8
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Bridge Leg Kicks x10 (each leg)
- ☐ Prone Tail Lift x10
- ☐ Russian Twists x12
- ☐ V Sit-Up x12
- ☐ V Sit-Up Hold x20 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 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

- ☐ Bent Over Lateral Raise x12
- ☐ Bent Over Row x8
- ☐ Lateral Curl x8
- ☐ Finger Curls x12
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Up Negatives x5
- ☐ Bicep Curls x10
- ☐ Pull-Ups (70% of your max)
- ☐ Bicep Curls x10
- ☐ Pull-Ups (60% of your max)
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Farmer's Walk x1 minute
- ☐ Finger Curls x12
- ☐ Shoulder Curls x8
- ☐ Deadhang (until fail)
- ☐ (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 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

- ☐ Front Plank x30 seconds
- ☐ Plank Up Downs x4
- ☐ Leg Lifts x8
- ☐ Front Plank x30 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Russian Twists x20
- ☐ Ankle Taps x12 (each leg)
- ☐ Leg Lifts x8
- ☐ Leg Circles x8 (both directions)
- ☐ V Sit-Ups x10
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Diver Sit-Up x8
- ☐ Prone Tail Lifts x10
- ☐ Diver Sit-Ups x8
- ☐ Prone Tail Lifts x10
- ☐ Russian Twists x30
- ☐ (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 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

- ☐ Pull-Ups (75% of your max)
- ☐ Bicep Curls x10
- ☐ Pull-Ups (50% of your max)
- ☐ Bicep Curls x10
- ☐ Pull-Ups (25% of your max)
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Push Ups x10
- ☐ Farmer's Walk x1 minute
- ☐ Finger Curls x10
- ☐ Dumbbell Hold x30 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bent Over Change Pull x10
- ☐ Lateral Curls x10
- ☐ Shoulder Curls x10
- ☐ (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 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

- ☐ Layback Toe Touch x10
- ☐ Russian Twists x20
- ☐ Layback Toe Touch x10
- ☐ Russian Twists x20
- ☐ V Sit-Ups x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Leg Lifts x10
- ☐ Leg Circle x10 (both directions)
- ☐ Boat Hold x30 seconds
- ☐ Leg Lifts x10
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bridge Leg Kicks x10 (each leg)
- ☐ Prone Tail Life x10
- ☐ Russian Twists x20
- ☐ V Sit-Ups x10
- ☐ 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 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

- ☐ Bent Over Lateral Raise x10
- ☐ Bent Over Row x10
- ☐ Lateral Curls x10
- ☐ Finger Curls x15
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Up Negatives x5
- ☐ Bicep Curls x10
- ☐ Pull-Ups (75% of your max)
- ☐ Bicep Curls x10
- ☐ Pull-Ups (50% of your max)
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Ups (max out)
- ☐ Finger Curls x12
- ☐ Shoulder Curls x10
- ☐ Deadhang (until fail)
- ☐ (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

- ☐ Front Plank Points x10
- ☐ Plank Up Downs x5
- ☐ Front Plank Points x10
- ☐ Plank Up Downs x5
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Russian Twists x20
- ☐ Ankle Taps x12 (each leg)
- ☐ Leg Lifts x10
- ☐ Leg Circles x10 (both directions)
- ☐ V Sit-Ups x10
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Diver Sit-Up x10
- ☐ Prone Tail Lifts x10
- ☐ Diver Sit-Up x10
- ☐ Prone Tail Lifts x10
- ☐ Russian Twists x30
- ☐ (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 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

- ☐ Pull-Ups x10
- ☐ Negatives x5
- ☐ Bicep Curls x12
- ☐ Lateral Curls x12
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Farmer's Walk x1 minute
- ☐ Finger Curls x10
- ☐ Shrugs x10
- ☐ Dumbbell Hold x45 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bent Over Change Pull x10
- ☐ 90 Degree Switch Curls x10
- ☐ Forehead Curls x10
- ☐ Shoulder Curls x10
- ☐ Bent Over Single Arm Pull x8 (each arm)
- ☐ (Complete Circuit 3 times total)

Notes:

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!**

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

- ☐ Layback Toe Touch x10
- ☐ Diver Sit-Up x10
- ☐ Russian Twists x20
- ☐ Layback Toe Touch x10
- ☐ Russian Twists x20
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Leg Lifts x10
- ☐ Leg Circle x10 (both directions)
- ☐ Boat Hold x30 seconds
- ☐ Leg Lifts x10
- ☐ V Sit-Ups x10
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Bridge Leg Kicks x10 (each leg)
- ☐ Prone Tail Lift x10
- ☐ Russian Twists x20
- ☐ Front Plank Points x10
- ☐ Front Plank x30 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 14

Warm Up

- | | | |
|---|--|---|
| <input type="checkbox"/> I's x15 | <input type="checkbox"/> Y's x15 | <input type="checkbox"/> Air Squats x15 |
| <input type="checkbox"/> T's x15 | <input type="checkbox"/> Lateral Curls x15 | <input type="checkbox"/> Squat Walks x10 (Each Direction) |
| <input type="checkbox"/> (Rest 60-90 Seconds) - Repeat x2 | | |

Workout

- ☐ Bent Over Lateral Raise x10
- ☐ Bent Over Row x10
- ☐ Lateral Curl x10
- ☐ Finger Curls x15
- ☐ Shrugs x10
- ☐ Dumbbell Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Up Negatives x5
- ☐ Forehead Curls x12
- ☐ Pull-Ups (75% of your max)
- ☐ Forehead Curls x12
- ☐ Pull-Ups (50% of your max)
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

- ☐ Pull-Ups (max out)
- ☐ Dumbbell Hold x30 seconds
- ☐ Shrugs x10
- ☐ Finger Curls x12
- ☐ Shoulder Curls x10
- ☐ Deadhang (until fail)
- ☐ (Complete Circuit 3 times total)

Notes:

Cooldown

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Legs wide - stretching down the middle/left/right | <input type="checkbox"/> Tricep stretch | <input type="checkbox"/> Calf stretch |
| <input type="checkbox"/> Legs together - stretching hamstrings | <input type="checkbox"/> Deltoid stretch | <input type="checkbox"/> Cobra |
| <input type="checkbox"/> Quad stretch | | |

✓ **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

- ☐ Plank Up Downs x5
- ☐ Push Ups x10
- ☐ Front Plank x45 seconds
- ☐ Plank Up Downs x3
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Side Planks x30 seconds (both sides)
- ☐ Leg lifts x10
- ☐ Leg Circles x10 (both directions)
- ☐ V Sit-Ups x12
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)
- ☐ Diver Sit-Up x10
- ☐ Prone Tail Lifts x10
- ☐ Diver Sit-Up x10
- ☐ Prone Tail Lifts x10
- ☐ Russian Twists x30
- ☐ (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 16

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-Ups (max)
- ☐ Negatives x8
- ☐ Push Ups x15
- ☐ Bicep Curls x12
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

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 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

- ☐ Plank Up Downs x8
- ☐ Front Plank x1 minute
- ☐ Side Plank x1 minute (both sides)
- ☐ V Sit-Ups x20
- ☐ V Sit-Up Hold x30 Seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

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

- ☐ Pull-Ups x1 minute (as many 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 x1 minute (as many as you can in 1 minute)
- ☐ Rest 1 minute
- ☐ (Complete Circuit 4 times total)
- ☐ (rest 60-90 seconds)

Notes:

Cooldown

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

✓ **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

- ☐ Russian Twists x30
- ☐ Double Leg Bridge Hold x30 seconds
- ☐ Boat Hold x30 seconds
- ☐ V Sit-Ups x10
- ☐ Leg Lifts x10
- ☐ Leg Circles x10
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

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-Ups (75% of max)
- ☐ Lateral Curls x10
- ☐ Pull-Ups (50% of max)
- ☐ Negatives x8
- ☐ Pushups x15
- ☐ Shoulder Curls x8
- ☐ Bicep Curls x12
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 30 seconds)

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

Notes:

- ☐ Plank Up Downs x8
- ☐ Front Plank Points x8
- ☐ Front Plank x1 minute
- ☐ Side Plank x1 minute (both sides)
- ☐ Leg Circles x10
- ☐ Leg Lifts x10
- ☐ V Sit-Ups x20
- ☐ V Sit-Up Hold x30
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

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

- ☐ Pull-Ups x1 minute (as many 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 x1 minute (as many as you can in 1 minute)
- ☐ Rest 1 minute
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

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

- ☐ Russian Twists x30
- ☐ Double Leg Bridge Hold x20 seconds
- ☐ Boat Hold x30 seconds
- ☐ V Sit-Ups x10
- ☐ Leg Lifts x10
- ☐ Leg Circles x10
- ☐ V Sit-Up Hold x20 seconds
- ☐ (Complete Circuit 3 times total)
- ☐ (rest 60-90 seconds)

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!**

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.