

Equipment:

Band, Dog Leashes, Pullup Bar

Rest Time:

Varies based on the exercise - In general no more than 45-60 seconds

• Workout

• Instruxions

• HOME WORKOUT



- Watch
- TrackHISTORY

- 1: DEAD HANG AROUND THE WORLD PULLUPS / CHINUPS
- SETS: ?
- REPS: 50
- Rest 45 seconds between positions after failing as you work your way "around" the bar until 50 reps are completed.



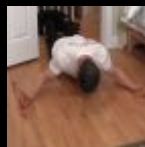
- Watch
- TrackHISTORY

- 2: SUSPENSION ROWS
- SETS: 3
- REPS: To Failure
- Use TRX Suspension Trainer or home made TRX using two inexpensive dog leashes.



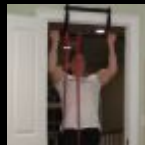
- [Watch](#)
- [Track HISTORY](#)

- **3: STANDING FACE PULLS**
- SETS: 3
- REPS: 10-12
- Focus on the contraction of the rhomboids as you pull your shoulder blades together.



- [Watch](#)
- [Track HISTORY](#)

- **4: THUMBS UP PUSHUPS**
- SETS: 3
- REPS: To Failure
- The wider you position your hands the harder this exercise will become!



- [Watch](#)
- [Track HISTORY](#)

- **5: AROUND THE WORLD ASSISTED PULLUPS**
- SETS: 3
- REPS: To Failure
- Each set should be taken to failure in each of the 4 hand positions this time!

PERFORM IN STRAIGHT SETS AND KEEP THE REST TIMES TO A MINIMUM (JUST ENOUGH TIME NEEDED TO CATCH YOUR BREATH!) / PERFORM IN STRAIGHT SETS (FOR EXERCISES 1, 2, AND 4)

MAKING SURE TO CHOOSE WEIGHTS THAT CAUSE YOU TO REACH FATIGUE AT THE PRESCRIBED
REP TOTAL