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Day 1 Day 2 Day 3 Day 4 Day 5 Rest - The Armstrong Workout

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The Armstrong Pull-up Program - Savannah State University

The Armstrong Pull-up Program This program was developed by Major Charles Lewis Armstrong Major Armstrong developed this workout to prepare him to set a new world record in number of pull-ups completed in a single exercise session The program provides the necessities for any successful physical improvement regime,

Starting From Zero: Pull-up Training Program (v19)

Exercise / Movement Qty Sets Exercise / Movement Qty Sets Exercise / Movement Qty Sets Exercise / Movement Qty Sets Exercise / Movement Qty Sets

The Ultimate Pull-up Program - WordPress.com

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Pull-up Workouts

The first athlete executes a pullup while the other hangs in the down position When the first athlete is finished, s/he remains on the pull-up bar in the This is a high intensity workout, so

7 Weeks to 50 Pull-Ups - Middle of the Pacific

Aug 07, 2012 · 7 Weeks to 50 Pull-Ups is built on a flexible program that can benefit men and women alike It's an easy-to-follow progressive training program designed to take you from your current fitness level to a level where you can complete as many as 50 pull-ups in one workout The book provides

Over the Top on 'Dead Hang' Pull-Ups

Over the Top on 'Dead Hang' Pull-Ups LtCol Stanley J Pasioka, Jr, USMC(Ret) Originally published in the Dec 1981 Marine Corps Gazette After 15 years in the Marine Corps I am finally able to 'max' the pull-up/chin-up event on the physical

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Westside Barbell Template The Standard Template

Westside Barbell Template Working With the Standard Template By Jim Wendler On Wednesday, I would do another lat workout (but with a different exercise) and my low stress shoulder work would consist of a rear raise, face pull or a seated dumbbell power clean So essentially, on the low stress shoulder day, I would kill two birds with one

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Author of Loaded Guns, former Mr America, Mr Universe and the first Mr Olympia "I thoroughly enjoyed Beyond Bodybuilding Every few pages, at least, your book reveals another clever kick-ass, air tight, super-intense training modality that I hadn't even considered in my own investigative research as a ...