

Week #		Training set	
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**DAY 1** (Hardest weekday? \_\_\_ Decide on day 4)

Max effort push-ups	Set 1	Set 2	Set 3	Rest between sets
Repetitions				5-10 minutes

Max effort pull-ups	Set 1	Set 2	Set 3	Set 4	Set 5	Rest between sets
Repetitions						90 seconds
Reps day 5*						90 seconds

**DAY 2** (Hardest weekday? \_\_\_ Decide on day 4)

Max effort push-ups	Set 1	Set 2	Set 3	Rest between sets
Repetitions				5-10 minutes

Pyramid pull-ups sets	Last successful set	Missed set	Max effort set	Rest between sets
Repetitions				10 seconds per repetition
Reps day 5*				10 seconds per repetition

**DAY 3** (Hardest weekday? \_\_\_ Decide on day 4)

Max effort push-ups	Set 1	Set 2	Set 3	Rest between sets
Repetitions				5-10 minutes

9 training sets	Pull-ups sets			Chin-ups sets			Pull-ups sets			Rest between sets
Check if done										60 seconds
Check day 5*										60 seconds

**DAY 4** (Hardest weekday? \_\_\_ Decide on day 4)

Max effort push-ups	Set 1	Set 2	Set 3	Rest between sets
Repetitions				5-10 minutes

Max training sets	Number of full sets	Reps in last (failed) set	Rest between sets
Day 4			60 seconds
Day 5*			60 seconds

**DAY 5**

Max effort push-ups	Set 1	Set 2	Set 3	Rest between sets
Repetitions				5-10 minutes

Repeat pull-ups session from the hardest weekday*	
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