

## PRE-ARMSTRONG PULL-UP PROGRAM

Day 1	Day 2	Day 3	Day 4	Day 5	Rest
PYRAMID	RECOVERY	MAX DAY	RECOVERY	TRAINING SETS	REST DAYS
<p><input type="checkbox"/> 3 Max Pushup Sets</p> <p>Pyramid sets of pull-up substitutes of 1, 2, 3, 4, 5, etc. until missed set.</p> <p>Then one max set.</p> <p>Additional Workouts: 3 max grip hangs</p> <p>Any Row</p> <p>Rest 10 seconds for each pull-up in last set.</p>	<p>Stretch/Yoga</p>	<p><input type="checkbox"/> 3 Max Pushup Sets</p> <p>Five max effort sets of pull-up substitutes</p> <p>Additional Workouts: One max plank Any Bicep Curl</p> <p>Rest 90 seconds</p>	<p>Stretch/Yoga</p>	<p><input type="checkbox"/> 3 Max Pushup Sets</p> <p>Max number of training sets of pull-up substitutes</p> <p>Additional Workouts: 3 max grip hangs</p> <p>Any Row</p> <p>Rest 60 seconds</p>	
TRACK IT	TRACK IT	TRACK IT	TRACK IT	TRACK IT	
<p>Make tick marks for each pull-up, total after final max effort set.</p> <div style="border: 1px solid black; height: 150px; width: 100%;"></div> <p>Total: _____</p> <p>Grip Hangs: _____</p> <p>Row: _____</p>		<p>Set 1 _____</p> <p>Set 2 _____</p> <p>Set 3 _____</p> <p>Set 4 _____</p> <p>Set 5 _____</p> <p>Total _____</p> <p>Plank _____</p> <p>Curls: _____</p>		<p>Pull-ups per Training Set: ____</p> <p>Training Sets Successfully Completed: ____</p> <p>Total Pull-ups per Workout: _____</p> <p>Grip Hangs: _____</p> <p>Row: _____</p>	