

Seconds For Each Pull-up In Last Set. Rest 60 Seconds Rest 60 Seconds TRACK IT TRACK IT TRACK IT TRACK IT TRACK IT Set
1 ____ Set 2 ____ Set 3 ____ Set 4 ____ Set 5 ____ Total Pull-ups Per Workout: ____ Make Tick Marks For Each Pull-up,
Total After Final Max Effort Set. Feb 7th, 2024

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