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Day 1 Day 2 Day 3 Day 4 Day 5 Rest - The Armstrong WorkoutWorkout Of Days 1
Through 4 Rest 90 Seconds Rest 10 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. Apr 2th,
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