

PRIMAL FITNESS WORKOUT - PULL UP LADDER

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All you need is a pull up bar.

And this is what you do with it.

1st min 1 pull up

2nd min 2 pull ups

3rd min 3 pul ups

4th min 4 pull ups

And so on untill you can do no more.. If in the 8 min you can manage only 7 pull ups thats when you stop (this is where I stopped). Else go on doing pull ups you crazy animal you.

And thats your lift heavy workout for the week :)

Let me know if you try it in the comments section.

