

## ARMSTRONG PULL-UP PROGRAM

Day 1	Day 2	Day 3	Day 4	Day 5	Rest
MAX EFFORT	PYRAMID	GRIP SWITCH	MAX DAY	HARDEST	REST DAYS
<input type="checkbox"/> 3 Max Pushup Sets  5 Max Effort Sets  Rest 90 seconds	<input type="checkbox"/> 3 Max Pushup Sets  Pyramid of sets of 1, 2, 3, 4, 5, etc. until missed set.  Then one max set.  Rest 10 seconds for each pull-up in last set.	<input type="checkbox"/> 3 Max Pushup Sets  3 sets overhand  3 sets palms inward, hands together  3 sets wide grip  Rest 60 seconds	<input type="checkbox"/> 3 Max Pushup Sets  Max number of Training Sets  Rest 60 seconds	<input type="checkbox"/> 3 Max Pushup Sets  Repeat the hardest workout of Days 1 through 4	
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. <div style="border: 1px solid black; width: 100%; height: 100%; margin-top: 10px;"></div> Total: _____	Set 1 _____ Set 2 _____ Set 3 _____ Set 4 _____ Set 5 _____ Set 6 _____ Set 7 _____ Set 8 _____ Set 9 _____	Pull-ups per Training Set: ____  Training Sets Successfully Completed: ____  Total Pull-ups per Workout: _____		