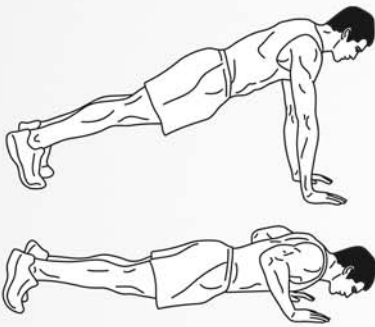


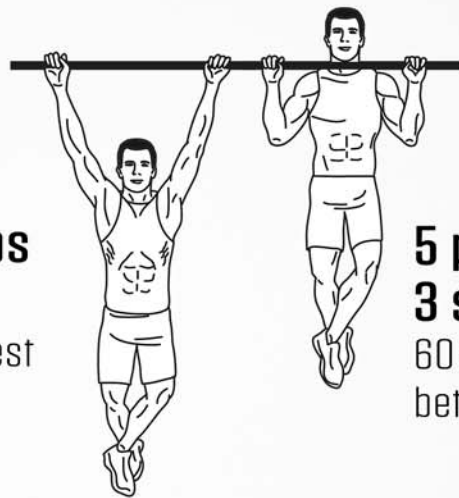
ONE-ARM PULL-UP PREP

*only attempt
if you can do
15+ pull-ups*

DAREBEE WORKOUT
@ darebee.com



10 push-ups
3 sets
60 seconds rest
between sets



5 pull-ups
3 sets
60 seconds rest
between sets



30sec x 3 sets
single arm hang
2 minutes rest
between sets



20sec x 3 sets
single arm flex hang
2 minutes rest
between sets



10sec x 3 sets
single arm pull-up hold
2 minutes rest
between sets