

## Pull-up Home Workout

<http://www.Complete-Strength-Training.com>

<b><i>Mon.</i></b>	<b><i>Wed.</i></b>	<b><i>Sat.</i></b>
Clapping Push-ups 4 4	Clapping Push-ups 4 4	Clapping Push-ups 4 4
Pull-Up 8 8 8	Pull-Up 8 8 8	Pull-Up 8 8 8
Push-up 12 12 12	Push-up 12 12 12	Push-up 12 12 12
Jump Squats 12 12 12	Jump Squats 12 12 12	Jump Squats 12 12 12
Chin-up 8 8 8	Chin-up 8 8 8	Chin-up 8 8 8
Calf-Hops 15 15 15	Calf-Hops 15 15 15	Calf-Hops 15 15 15