

pull-up

lv 2

30-DAY CHALLENGE



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1 10 pull-ups 6 pull-ups 4 pull-ups	2 20 sit-ups 3 sets 30sec rest	3 10 pull-ups 8 pull-ups 6 pull-ups	4 20 sit-ups 3 sets 30sec rest	5 12 pull-ups 8 pull-ups 4 pull-ups
6 30 sit-ups 3 sets 30sec rest	7 14 pull-ups 6 pull-ups 2 pull-ups	8 30 sit-ups 3 sets 30sec rest	9 14 pull-ups 8 pull-ups 2 pull-ups	10 30 sit-ups 3 sets 30sec rest
11 15 pull-ups 6 pull-ups 2 pull-ups	12 30 sit-ups 4 sets 30sec rest	13 15 pull-ups 8 pull-ups 2 pull-ups	14 30 sit-ups 4 sets 30sec rest	15 16 pull-ups 6 pull-ups 2 pull-ups
16 30 sit-ups 5 sets 30sec rest	17 16 pull-ups 6 pull-ups 4 pull-ups	18 30 sit-ups 5 sets 30sec rest	19 17 pull-ups 6 pull-ups 2 pull-ups	20 40 sit-ups 3 sets 30sec rest
21 17 pull-ups 6 pull-ups 4 pull-ups	22 40 sit-ups 3 sets 30sec rest	23 17 pull-ups 8 pull-ups 2 pull-ups	24 40 sit-ups 4 sets 30sec rest	25 18 pull-ups 8 pull-ups 4 pull-ups
26 40 sit-ups 4 sets 30sec rest	27 19 pull-ups 8 pull-ups 4 pull-ups	28 40 sit-ups 5 sets 30sec rest	29 rest day	30 20 pull-ups 8 pull-ups 6 pull-ups