

# The Push Up / Pull Up Workout

|       |                    |                     |   |
|-------|--------------------|---------------------|---|
| Basic | 1st set            | Standard push-up    | 8 |
|       |                    | Australian pull-up  | 8 |
|       |                    | Wide push-up        | 8 |
|       |                    | Wide grip pull up   | 4 |
|       |                    | Narrow push-up      | 6 |
|       |                    | Narrow grip pull-up | 4 |
|       | Rest for 2 minutes |                     |   |
|       | 2nd set            | Standard push-up    | 8 |
|       |                    | Australian pull-up  | 8 |
|       |                    | Wide push-up        | 8 |
|       |                    | Wide grip pull up   | 4 |
|       |                    | Narrow push-up      | 6 |
|       |                    | Narrow grip pull-up | 4 |
|       | Rest for 2 minutes |                     |   |
|       | 3rd set            | Standard push-up    | 8 |
|       |                    | Australian pull-up  | 8 |

|          |                    |                        |                  |    |
|----------|--------------------|------------------------|------------------|----|
|          |                    | Wide push-up           | 8                |    |
|          |                    | Wide grip pull up      | 4                |    |
|          |                    | Narrow push-up         | 6                |    |
|          |                    | Narrow grip pull-up    | 4                |    |
|          |                    |                        |                  |    |
| Advanced | 1st set            | Standard push-up       | 10               |    |
|          |                    | Wide grip pull up      | 6                |    |
|          |                    | Wide push up           | 8                |    |
|          |                    | Narrow grip pull up    | 5                |    |
|          |                    | Pseudo planche push up | 8                |    |
|          |                    | Towel grip pull up     | 5                |    |
|          |                    | Diamond push-ups       | 10               |    |
|          |                    | Mix grip pull ups      | 6                |    |
|          | Rest for 2 minutes |                        |                  |    |
|          |                    | 1st set                | Standard push-up | 10 |
|          |                    | Wide grip pull up      | 6                |    |
|          |                    | Wide push up           | 8                |    |

|         |                        |    |  |
|---------|------------------------|----|--|
| 1st set | Narrow grip pull up    | 5  |  |
|         | Pseudo planche push up | 8  |  |
|         | Towel grip pull up     | 5  |  |
|         | Diamond push-ups       | 10 |  |
|         | Mix grip pull ups      | 6  |  |
|         | Rest for 2 minutes     |    |  |
|         | Standard push-up       | 10 |  |
|         | Wide grip pull up      | 6  |  |
|         | Wide push up           | 8  |  |
|         | Narrow grip pull up    | 5  |  |
|         | Pseudo planche push up | 8  |  |
|         | Towel grip pull up     | 5  |  |
|         | Diamond push-ups       | 10 |  |
|         | Mix grip pull ups      | 6  |  |