

Day 1- pull ups and presses

- 3 sets until failure (pull ups)
- 1 set hold pull up as long as possible
- 3 sets until failure (push ups)_
- 1 set diamond push ups until failure
- 4 sets until failure (body weight rows)
- 5 sets of plank holds until failure



Day 2- rest

Day 3- pull ups and pressess

- 4 sets until failure (dips)
- 3 sets until failure (shoulder press with weights) or pike push ups
- 4 sets until failure (hold pull up at the top with chin at bar for as long as possible)
- 4 sets explosive pull ups until failure (pull up as hard and fast as you can)
- 4 sets toes to bar while hanging (until failure)

Day 4- legs

- body weight squats until failure
- 3 sets of squats with appropriate weight that makes it difficult to complete 8 or 10 reps
- calf raises (15 to 20 reps with weights in hands)
- 4 sets of dead lifts (10 to 12 reps) or superman holds for lower back

Day 5 –Rest

Day 6 - repeat day 1 and add 2 sets of slow controlled dips at the end until failure

- 3 sets of planks until failure and 2 sets of crunches until failure

Day 7- legs

- repeat leg day workout and repeat core from day 1