

ONE on ONE

Thirty Fifteen

Volume 1

Date / Week	Round 1	Round 2	Round 1	Round 2	Round 1	Round 2	Round 1	Round 2	Round 1	Round 2
Standard Push Ups										
Wide Front Pull Ups										
Military Push Ups										
Lever Pull Ups										
Wide Push Ups										
Narrow Grip Pull Ups										
Diamond Push-Ups										
Reverse Grip Chin Ups										
Staggered Hand Push Ups										
Switch Grip Pull Ups										
Standard to Chaturanga										
Alternating Hands										

What you'll need: PowersStands, pull-up bar and a chair.

