



Time	Entry level routine	Intermediate routine	Advanced routine
1st minute	1 pull-up outer jugs (1) 10 second hang center edge (17)	3 pull-ups outer jugs (1) 20 second dead hang deep three finger pockets (6)	6 pull-ups round slopers (2) 20 s. dead hang deep two finger pockets (4)
2nd minute	1 pull-up deep four finger edge (3) stay on - 10 s. bent arm hang (90°) stay on - 1 more pull-up	10 s. bent arm (elbows at 90°) hang round sloper (2) - stay on - 2 pull-ups - stay on 10 s. bent arm hang (elbows at 110°)	15 s. bent arm hang (elbows at 90°) round sloper (2) - stay on - 4 pull-ups - stay on - 15 s. bent arm hang (elbows at 110°)
3rd minute	2 offset pull-ups (1 arm each) outer jug (1) & deep three finger pockets (6)	4 offset pull-ups (each arm) outer jugs (1) & deep three finger pockets (6)	6 offset pull-ups (3 each arm) round sloper (2) & deep two finger pockets (4) 10 s. dead hang medium edge (18)
4th minute	6 s. L-hang on any holds (bend knees if needed) 5 s. dead hang pinches (11)	10 s. L-hang on any holds 10 s. dead hang on pinches (11)	15 s. L-hang any holds (hold good form) 15 s. dead hang on pinches (11)
5th minute	10 s. dead hang flat sloper (15) 5 knee raises outer jug (1)	10 s. offset hang, deep center edge (17) & med three finger edge (9) reverse holds - repeat	10 s. dead hang - extra shallow three finger pockets (13) - stay on - campus to med three finger pocket (9), campus to round slopers (2), hold 15 s.
6th minute	16 s. offset hang (8 s. per side) deep edge (17) & med pocket (7)	15 s. offset hang pockets (3) & (13) reverse holds - repeat	15 s. one arm hang center edge (17) - rest 20 s. - repeat other arm
7th minute	3 pull-ups any hold	4 pull-ups deep center edge (17) 10 knee raises any holds	5 L-sit pull-ups (bend knees if you have to), jugs (1) 20 s. bent arm hang (elbows at 90°), deep two finger pockets (4)
8th minute	10 s. bent arm hang (elbows 90°) deep four finger (3)	15 s. dead hang, two finger pockets (7) - rest 10 s. 10s. hang three finger pockets (9)	10 s. hang center edges (16, 17) reverse holds - repeat 3 power pull-ups (use weights or helper for resistance, should just be able to complete final rep.)
9th minute	1 offset pull-up, jug & pinch (1 & 11) change hands & repeat 10 s. dead hang deep four finger pockets (3)	10 s. one arm hang jugs (1) - repeat other arm 4 pull-ups center edge (17)	20 s. slight bent arm hang, two finger pockets (7) - stay on - bump to round slopers (2), 20 s. dead hang
10th minute	2 pull-ups any hold dead hang center edge (17) till failure Fight hard & don't let go!!	4 pull-ups flat sloper (15) bump out to round sloper (2) & dead hang to failure Fight hard!!	8 pull-ups flat sloper (3), bump out to round sloper (2), and dead hang to failure Fight hard!!
Totals	Total pull-ups = 12 Hang time = 1 minute 17 seconds + final hang	Total pull-ups = 25 Hang time = 2 minutes 35 seconds + final hang	Total pull-ups = 32 Hang time = 3 minutes 35 seconds + final hang