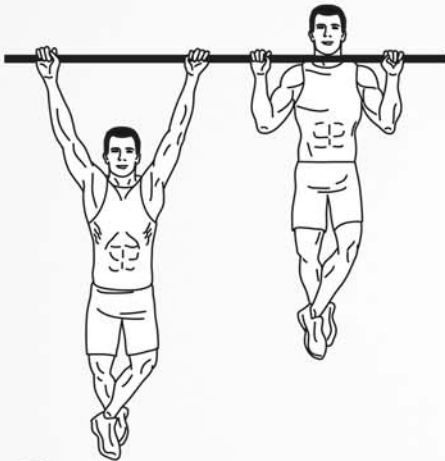


MUSCLE-UP PREP

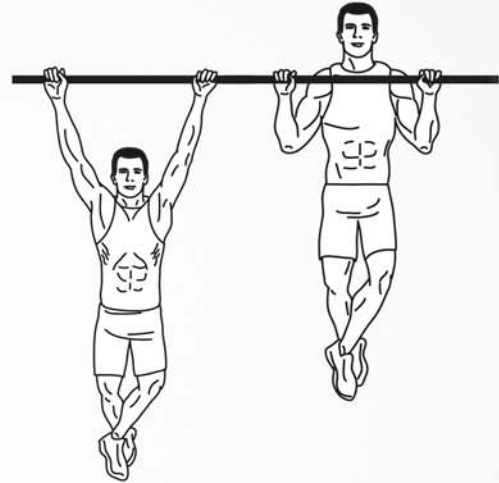


*only attempt
if you can do
10+ pull-ups*

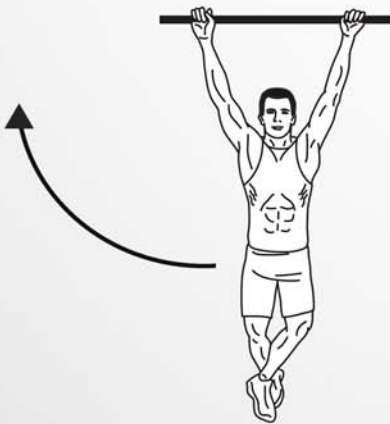
DAREBEE WORKOUT @ darebee.com



8 pull-ups x 3 sets
60sec rest between sets



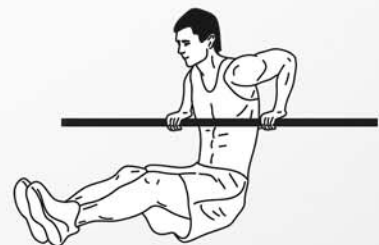
8 explosive pull-ups x 3 sets
60sec rest between sets



8 lateral swings x 3 sets
60sec rest between sets



**to failure
pull-up hold x 3 sets**
60sec rest between sets



5 bar dips x 3 sets
60sec rest between sets