

## PUSH / PULL / LEGS

### EVERY DAY. 7 DAYS A WEEK.

*"I start my morning with a workout because it teaches me delayed gratification. Only a tiny percentage of people on the planet would be willing to put themselves through adversity and pain every day without seeing immediate results."* –DAN LOK

#### LEVEL 1

- 5 pull ups or chin ups
- 10 push ups
- 20 squats

#### LEVEL 2

- 10 pull ups or chin ups
- 20 push ups
- 30 squats

#### LEVEL 3

- 15 pull ups or chin ups
- 30 push ups
- 40 squats

You could break into multiple sets and give a 90 seconds rest in between.

#### LEVEL 4

- 20 pull ups or chin ups
- 40 push ups
- 50 squats

#### LEVEL 5

- 25 pull ups or chin ups
- 50 push ups
- 60 squats

Take your time. Aim to elevate to the next level every 2 ~ 3 months.  
Add reps to your routine as you become stronger.



## LEVEL 6

- 30 pull ups or chin ups
- 60 push ups
- 80 squats

### EXAMPLE:

- 3 X 10 pull ups or chin ups
- 3 X 20 push ups
- 4 X 20 squats

*“Vary the grips after each set as you move up each level. Also each day does not consist of the same variations.”*

## LEVEL 7

- 40 pull ups or chin ups
- 80 push ups
- 100 squats
- 10 dips



## LEVEL 8

- 50 pull ups or chin ups
- 100 push ups
- 120 squats
- 20 dips

*“Consistency trumps intensity. Quality over quantity.”*

## LEVEL 9

- 50 pull ups or chin ups
- 120 push ups
- 150 squats
- 30 dips

## LEVEL 10

- 50 pull ups or chin ups
- 120 push ups
- 150 squats
- 40 dips

### EXAMPLE:

- 3 X 10 ~ 15 pull ups
- 3 X 20 push ups
- 2 X 10 ~ 15 chin ups
- 3 X 20 push ups
- 3 X 10 ~ 15 dips
- 3 X 50 squats