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Grinder Strength Pull-Ups

Brad McLeod

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Have you struggled with getting your first pull-up?

Got a few pull-ups but tired of the same old dull workouts?

Training for the BUD/S PST and almost have 8 pull-ups to pass the test?

Want to see what it's like to train like a Navy SEAL out on the grinder - mastering the pull-up with ease?

The Grinder Strength Pull-up "How to Improve Your Pull-ups" is the E-book for you.

Stoked full of how to lessons taking you from zero pullups to mastering the Chest to Bar (C2B workout).

- Links to 12 new pull-up improvement videos and written text taking you through each pull-up progression – from no pullups to cranking a dozen for speed.

- Stretching workouts to prepare you for pull-ups and help you cool down

- Grip strength video and workouts to help you improve your holding power. What good is a pull-up if you cant hang on the bar?

- 30 day workouts for beginners, intermediate and advanced athletes

Pull-up progressions from starting with band pull-ups working your way up the ladder to Chest to bar pull-ups.

- 3 Interviews from top Pull-up coaches Stew Smith, Zach Even-Esch and Al Kavadio. All tops in the field of helping you get better at pull-ups.

- 60 pages packed with workouts, videos, interviews and no BS advice to get your chin over the bar.

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Marie Flynt:

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Duane Coley:

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Misty Ware:

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