



JAIL HOUSE PULL-UP PROGRSSION

Josh Bryant, and he's a powerlifter and powerlifting coach and the co-author of the book Jailhouse Strong. Watch his video on how to do pull-ups on your own. Your goal is to get 100 pull-ups today. Record yourself repping out as many as you can, and then post to social media with the hashtag: #myrmidontrained