

the quickie gunshow workout

Do the chin-up and push-up sets as indicated below, using a band on the chin-ups to help support your body weight. Note that straightening your banded leg completely will offer the most support as the band will be at max tension. Take breaks if needed throughout, and finish with the leg burner to take your mind off of all that upper body work!

8 chin-ups / 10 push-ups

7 chin-ups / 11 push-ups

6 chin-ups / 12 push-ups

5 chin-ups / 13 push-ups

4 chin-ups / 14 push-ups

3 chin-ups / 15 push-ups

2 chin-ups / 16 push-ups

1 chin-ups / 17 push-ups

finisher:

20 squat jumps / 20 air squats

15 squat jumps / 15 air squats

10 squat jumps / 10 air squats

5 squat jumps / 5 air squats