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 **Strength Training At Home Workout: Weighted Pull Ups***This workout has been assembled by USA Climbing’s High Performance Team. Please adjust the workout accordingly to fit your needs. As always, we suggest consulting with a physician and trainer before beginning a new fitness regimen.*

Weighted Pull Ups (Find your max weight slowly)

* Warm Up
* Do the following twice (2 sets)
	+ 5 reps – max weight for completing 5 reps
	+ 2 reps – max weight for completing 2 reps
	+ 1 rep – max weight