



## **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