



WORKOUTS

Instructions:

- Determine your 1 Set Max and create a personalized workout
- Review the Checklist before each workout for proper form and breathing
- Stick to the schedule for best results

CUSTOMIZE YOUR WORKOUT

Create a customized workout using the Workout Chart below. Start with a simple test - using your Harbinger Pullup, perform as many Regular Pull-ups as you can (using good form) without stopping. This is called a 1 Set Max. Find the number closest to your 1 Set Max on the left column of the ROUTINE grid at the bottom of the page. If your max is 5 for example, use the 5 row for your custom workout. If it's 12, be honest and go up or down depending on how well you stayed in good form doing your Max.

Workout Routine

Start with Regular Pull-ups. Look up your max on the Routine Chart. If you have a max of 5, your workout is (5, 3, 2) Regular Pullups, (8, 5, 2) Australian pull-ups, and (10, 6, 4) Standing Row Pullups. This means you perform 5 Regular Pull-ups, then rest, perform 3, rest, and finish with 2. At your own pace throughout the day, complete the Australian and Standing Row pull-ups.

WORKOUT CHART

DAY 1 Test Your Set Max 1 Australian 1 Standing Row	DAY 2 OFF	DAY 3 1 Regular Pull-up 1 Australian 1 Standing Row	DAY 4 OFF	DAY 5 1 Regular Pull-up 1 Australian 1 Standing Row	DAY 6 OFF	DAY 7 1 Regular Pull-up 1 Australian 1 Standing Row
DAY 8 OFF	DAY 9 1 Regular Pull-up 1 Australian 2 Standing Row	DAY 10 OFF	DAY 11 1 Regular Pull-up 1 Australian 2 Standing Row	DAY 12 OFF	DAY 13 1 Regular Pull-up 1 Australian 2 Standing Row	DAY 14 OFF
DAY 15 1 Regular Pull-up 2 Australian 2 Standing Row	DAY 16 OFF	DAY 17 2 Regular Pull-up 1 Australian 2 Standing Row	DAY 18 OFF	DAY 19 1 Regular Pull-up 1 Australian 2 Standing Row	DAY 20 OFF	DAY 21 Re-test your 1 Set Max

ROUTINE - 2 MINUTE DRILLS

1 SET MAX	REGULAR	WIDE	CLOSE
0	0	1, 1, 1	2, 2, 2
1	1, 1, 1	2, 2, 2	4, 4, 4
3	3, 2, 1	3, 3, 3	5, 5, 5
5	5, 3, 2	8, 5, 2	10, 6, 4
10	10, 6, 4	15, 10, 8	20, 12, 8
15	15, 10, 5	20, 15, 10	25, 20, 15
20	20, 12, 8	25, 20, 15	35, 25, 20
25+	50 in 3 sets	75	100*

*If 2 minutes is not sufficient to complete the specified reps, increase rest time as needed.

THE PULLUP

Traditional pull-ups can be intimidating. That's why we created the Harbinger® Pullup. With its unique adjustable swing arm, anyone can do a pull-up and benefit from the upper body and core exercise. The Harbinger Pullup adjusts to your fitness level: *Standing Row* (beginner), *Australian Pull-up* (intermediate), and *Regular Pull-up* (advanced). You will surprise yourself by how quickly you progress.

CHECKLIST

HEAD: Neutral position, ears in line with your shoulders and spine

BACK: Straight, in line with your neck and hips

ABS: Contract your abs by pulling your navel toward your spine

LEGS: Full Pullup: Bend your legs as necessary
Australian/Standing: Keep legs straight, hip width apart

PACE: 1 count - 1 count

BREATHING: Get into a rhythm of exhaling on the way up, inhaling on the way down.

⚠ WARNING

Fitness training can result in serious personal injury or death if not done safely and properly. Risk of serious injury or death can be reduced if safe techniques and common sense are practiced when using this equipment. You should not exercise without first consulting your physician and should never do so without proper instruction or supervision. Prior to exercising with this equipment, please check it for worn or damaged parts. If wear or damage is found, stop using the equipment until the wear or damage has been remedied or the equipment has been replaced. Do not use if you weigh over 220 lbs/100 kg. If using this product in conjunction with other equipment, please read and follow all of the manufacturer's instructions for that equipment as well. If not available, please contact the manufacturer for proper instructions. For Harbinger products you can visit our website www.harbingerfitness.com for more information.



STANDING ROW (BEGINNER)

This is an excellent alternative for those who have never been able to complete a full pull-up. You can use this move to build up your strength to complete Australian or Regular Pull-ups.

Setup:

- Lift the pull-up bar up and out of j-hook and bring the bar halfway down
- Anchor your feet against the door frame
- Grasp the pull-up bar just wider than shoulder width apart, palms facing down
- Extend your arms so your body hangs out at an angle as shown

Movement:

- Pull from your back, keeping the handles in line with your chest, elbows close to your body
- Maintain a plank position throughout the exercise, keep your abs tight.
- Your elbows stay straight back as you return to the down position
- Inhale as you come down.



Tip:

Keep your shoulders, hips, and legs in alignment throughout the movement.

Modifications:

To decrease the intensity, stand up straighter; to intensify, walk your feet further through doorway.

AUSTRALIAN PULL-UP (INTERMEDIATE)

A good alternative to a standard pull-up, the Australian Pull-up is ideal for those who are not able to complete one full pull-up.

Setup:

- Lift the pull-up bar up and out of the j-hook. Bring the bar all the way down so it is hanging in doorway
- Grasp the pull-up bar just wider than shoulder width apart, palms facing away from your body
- Extend arms so body hangs below bar

Movement:

- Exhale and pull your body up so your chest reaches the bar
- Hold at the top for one count, then slowly return to the start position, inhaling as you lower down



Tip:

Your body should maintain a reverse plank position, with your shoulders, hips, and legs in alignment.

REGULAR PULL-UP (ADVANCED)

A Regular Pull-up builds upper body and core strength, particularly in your back and biceps.

Setup

- Grasp the pull-up bar just wider than shoulder width apart, palms facing out
- Draw your navel in to activate your core

Movement

- Slowly and with control, exhale and pull your body up until your chin reaches the bar
- Hold at the top of the movement for one count, then inhale while returning to the starting position



Tip:

Keep head in neutral position with ears above shoulders throughout movement.

NEGATIVE PULL-UP (MODIFICATION)

This is an excellent modification if you are not able to perform a regular pull-up.

Setup

- Set a chair or other sturdy object next to the bar. Make sure the chair is on a level non-skid surface
- Stand on the chair to get your body into the up position (chin above pull-up bar), placing your hands just wider than shoulder width apart on the bar and your palms facing out

Movement

- Lower your body down slowly over a five-second count
- Once at the bottom of the movement (arms extended) use the chair to return to the up position
- Repeat

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