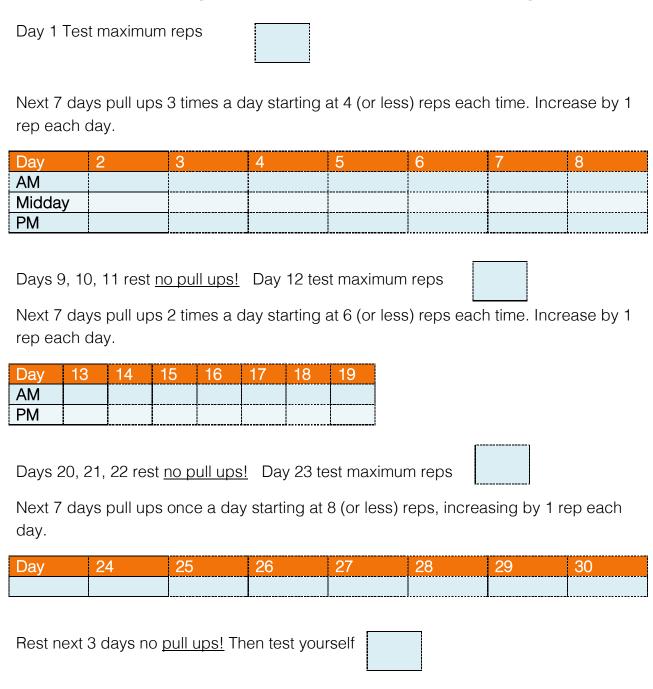
Increasing Pull ups - 30 Day Program



This is your maximum! Go back to normal training with the 12BX Fitness Formula and try this program again in six months.