

## 12 Labors - Strict Pullups

Tuesday	August 1	3-3-3-3-3
Wednesday	August 2	4-3-3-3-3
Thursday	August 3	4-4-3-3-3
Friday	August 4	4-4-4-3-3
Saturday	August 5	4-4-4-4-3
Sunday	August 6	4-4-4-4-4
Monday	August 7	5-4-4-4-4
Tuesday	August 8	5-5-4-4-4
Wednesday	August 9	5-5-5-4-4
Thursday	August 10	5-5-5-5-4
Friday	August 11	5-5-5-5-5
Saturday	August 12	6-5-5-5-5
Sunday	August 13	6-6-5-5-5
Monday	August 14	6-6-6-5-5
Tuesday	August 15	6-6-6-6-5
Wednesday	August 16	6-6-6-6-6
Thursday	August 17	7-6-6-6-6
Friday	August 18	7-7-6-6-6
Saturday	August 19	7-7-7-6-6

Sunday	August 20	7-7-7-7-6
Monday	August 21	7-7-7-7-7
Tuesday	August 22	8-7-7-7-7
Wednesday	August 23	8-8-7-7-7
Thursday	August 24	8-8-8-7-7
Friday	August 25	8-8-8-8-7
Saturday	August 26	8-8-8-8-8
Sunday	August 27	9-8-8-8-8
Monday	August 28	9-9-8-8-8
Tuesday	August 29	9-9-9-8-8
Wednesday	August 30	9-9-9-9-8
Thursday	August 31	9-9-9-9-9