



Mr. Connecticut Workout

1st Set

- 25 Sits/Crunches (15 sec. rest), Repeat three times (15 sec. rest after each)
- 1 minute rest (if needed)
- Do as many chin ups as you can
- 1 minute rest
- Do as many bar dips as you can (go down almost parallel and then lock out up high)
- 1 minute rest
- Do as many pushups as you can
- Leg Lifts (1 minute raised 6 inches)
- 1 minute rest
- *Now Start Over Again*

NOTES: If your good do 8 sets of above workout every other day, but can't do less than 6 sets - If only 6 it will take 75% longer to build same muscle as 8 sets

Rules

1. Do workout every other day
2. Sit/Crunches should be done at levels if possible. Go up 3 levels then back down to ground
3. On Chins do 4 sets front palm and 4 sets reverse palm
4. On Pushups, you do them on your fists close out to wide legs then back to close legs and feet together - chest touches to fists

“DELIVER THE GOODS.”

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