

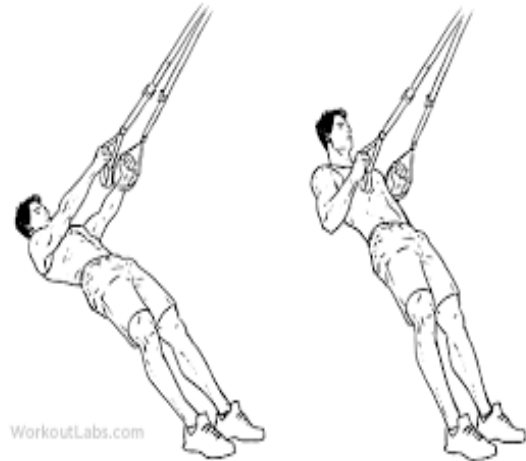
Murph Challenge Modifications

Pull Ups

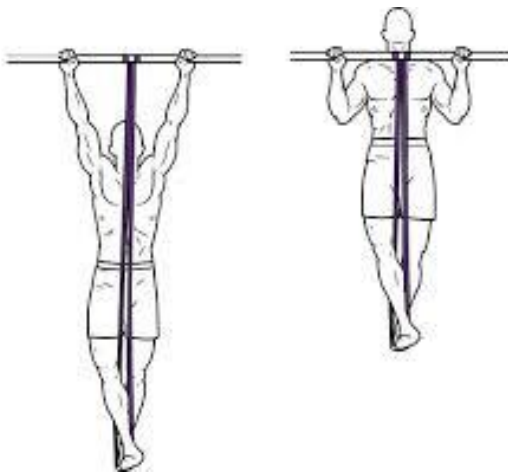
Assisted Pull Up Machine



TRX Rows



Resistance Band Pull Ups



Inverted Rows



Lat Pull Downs (60+ ONLY)

