



ONNIT ACADEMY PRESENTS

A black and white photograph of a very muscular man from the back, performing a pull-up on a horizontal bar. His back muscles, including the latissimus dorsi and trapezius, are highly defined and glistening. He is wearing dark shorts. The background is dark, making the man stand out.

# PULL UPS FOR MAX MUSCLE



#### **MORE INFORMATION ABOUT ONNIT:**

Onnit Academy is the most comprehensive database of information related to Unconventional Training, a unique new form of fitness methodology that focuses on functional strength, conditioning, and agility using the most efficient means and tools possible. The online database includes articles, videos, tutorials, and workouts featuring alternative implements like kettlebells, sandbags, steel maces, steel clubs, battle ropes, and more.

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# CREDITS

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PULL UPS FOR  
MAX MUSCLE



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**COULD THIS SIMPLE  
BODYWEIGHT  
EXERCISE BE YOUR  
KEY TO MAXIMUM  
MUSCLE & UPPER  
BODY STRENGTH?**

< Pull ups aren't just for men! Everyone should be able to pull their bodyweight up and over a bar. It's about more than just muscle growth, it's about basic functional fitness.

# ***THE PULL UP***



# ***THERE IS LITTLE THAT CAN WITHSTAND A MAN WHO CAN CONQUER HIMSELF. ~LOUIS XIV***

Pull Ups are a staple of functional strength and a testament to the versatility of bodyweight training. You want crazy upper body and core strength? You want toned and ripped shoulders, arms, back, and abs? You want to escape a hazardous situation by pulling yourself to safety? Time to hit the pull up bar!

In addition to being used as a vital exercise by fitness enthusiasts for the last century, pull ups are used by most military and law enforcement organizations to test the strength and conditioning levels of soldiers, police officers, fire fighters, and other individuals in physically demanding professions. You might also remember how the evil PE

teacher from your childhood would line everybody up and record your pull up count? The reason for this pull up testing obsession is simple: pull ups are a necessary movement for survival and an indicator of a person's overall fitness level because they require the strength and coordination of muscles in your arms, shoulders, back, and core (and that's just in standard variations!).

So, what muscles are worked by performing pull ups and how? Let's start with the grip. When performing a standard pull up, you'll be utilizing what's called a "hook grip." Similar to the grip you would use during a Farmer's Walk, the pull up will require a hook grip capable of

> Pull Ups do more than simply improve your shoulders... when done correctly, you'll be hitting your core and back as much, if not more, than your basic arm musculature.







holding your entire bodyweight. This involves finger, hand, and forearm strength. In addition, if you were to perform any one of the variety of explosive pull up variations (such as Clap Pull Ups, Switch Pull Ups, or Walking Pull Ups), the effect of launching and catching your bodyweight demands even more grip strength.

Let's move up your arms to the biceps and triceps. While standard pull ups require more back (trap and lat) strength than bicep and tricep strength, there are plenty of variations that involve more. Typically, the farther your head is away from the bar, the more upper arm strength each repetition will require. Chin Ups are a good example of a more bicep-intensive exercise. Chin Ups involve having your palms facing your body, then using your upper arms to perform each repetition. If

you want a good burn, try holding a Chin Up for 30-60 seconds in the middle of a repetition with your upper and lower arms at a 90 degree angle, or "pump" in a small motion around that point. You can also perform partials to hit your arms in different ways. Try performing a set of 10 reps going from

***A TRULY STRONG PERSON DOES NOT NEED THE APPROVAL OF OTHERS ANY MORE THAN A LION NEEDS THE APPROVAL OF***

***SHEEP.***

***~VERNON HOWARD***

a hanging position to the halfway point then back, then immediately perform another set of 10 reps going from the top position to the halfway point then back, and finish with a set of 10 full Chin Up reps.

Onto the shoulders! Pull ups demand shoulder strength, flexibility, and agility in order to perform safely and correctly. The muscles in the front of

the shoulders are used to stabilize each repetition, especially when performing explosive pull up variations. If performed correctly, the stress to your shoulder joints by high Pull Up reps should be minimized, however, it's extremely important to warm up your shoulders prior to long sets

and cool down with a series of shoulder stretches following a hard workout.

Back attack! More than anything, the focus of Pull Ups should be your back. The back muscles worked by standard Pull Ups include the latissimus dorsi, teres major, the rhomboids, and trapezius muscles.

The primary mover for Pull Ups is the

latissimus dorsi, normally referred to as the "lats." This group of muscles, located in the middle of your back, must be utilized during each repetition. Over-reliance on your arms and shoulders for Pull Ups will severely limit the maximum amount of reps you are able to perform. Refer to the Pull Up Form & Training Techniques section for tips on how to "activate" the lats.

Finally, get ready for some killer abs! It may seem strange, but properly performed pull ups require a lot of core strength to stabilize each repetition. In addition, variations of the pull up exercise, such as the L-Sit Pull Up, Burpee Pull Up, or Knee-Raise Pull Up can help you get a killer core workout while performing sets of Pull Ups.

# FORM AND TECH- NIQUE



**CRAPPY REPS PRODUCE CRAPPY RESULTS. FOCUS ON YOUR FORM AND TECHNIQUE ON EACH REPETITION.**



**T**here are some basic principles when performing Pull Ups and incorporating them into your workout routines that will help you perform them correctly, safely, and for the maximum benefit to your strength and conditioning levels.

#### **SAVE YOUR JOINTS!**

You might have seen or experienced trainees giving each other crap about not hanging completely at the bottom of each rep, don't get involved in this! Rather than simply hanging at the bottom of each repetition (which puts unnecessary strain on your tendons and ligaments), start each rep with your shoulders tucked into their sockets and your

elbows at a slightly bent position. This will allow you to perform more reps without the joint pain that comes from complete hanging lock outs.

***ANYTHING  
WORTH  
DOING,  
IS WORTH  
DOING RIGHT.***

***~HUNTER THOMPSON***

#### **ACTIVATE YOUR BACK!**

Standard Pull Ups should be performed with a focus on the lats, rather than the arms and shoulders. If you can't feel your back being

used, try warming up with a set of Kettlebell Rows, Double High Pulls, Body Rows, or Extended Push Ups. You can also have someone poke or slap your lats to "wake them up."

#### **COMPLETE THE REPS!**

Make sure you're performing full reps; don't stop when your eyes are level with the bar, get your chin over it each time. If you find that by the fifth rep, you're barely making it, it might be time to stop or switch to an easier variation (Chin Ups or Neutral Grip Pull Ups).

#### **MIX IT UP!**

As you try to increase your Pull Up numbers, remember to mix up your technique. You need to hit all the mus-

cles involved in Pull Ups from every angle in order to improve. Check out the list of Pull Up Variations to the right and look at the how to's at [OnnitAcademy.com](http://OnnitAcademy.com)

#### **GREASE THE GROOVE!**

This is a popular strength training technique that I've used in the past to increase my pull up and pressing numbers. It's simple: perform a set of Pull Ups (or a different variation each time) every 2-3 hours during the day. Even if you're only able to do a couple at a time, you'll be able to perform dozens over the course of a day. Again, shoulder joint mobility training is essential for using this technique.



# MORE THAN ONE WAY TO SKIN A CAT

**IF YOU THINK THERE IS ONLY ONE WAY TO DO A PULL UP, YOU'RE TOTALLY WRONG. LIKE MOST SIMPLE MOVEMENTS, THERE ARE DOZENS (IF NOT HUNDREDS) OF VARIATIONS!**

## **GRIP VARIATIONS**

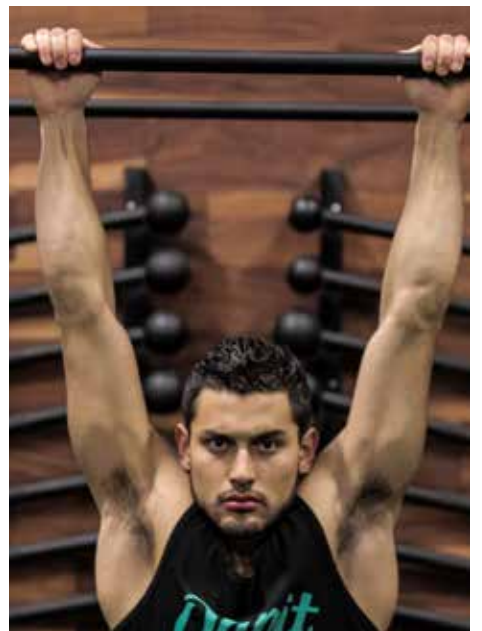
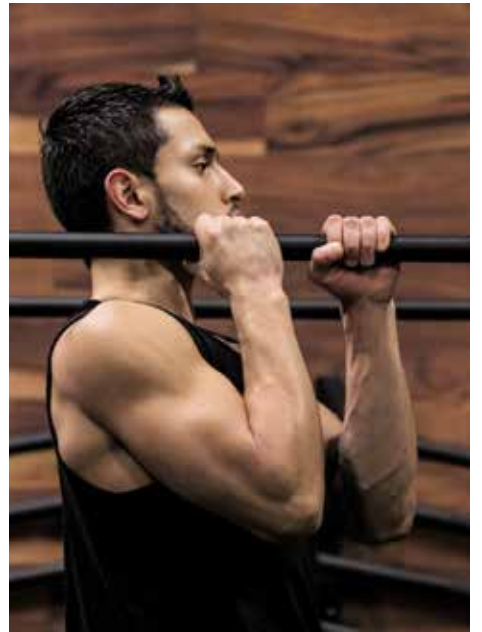
- Pull Ups
- Chin Ups
- Mix Grip Pull Ups
- Wide Grip Pull Ups
- Narrow Grip Chin Ups
- Narrow Grip Pull Ups

## **EXPLOSIVE VARIATIONS**

- Explosive Pull ups
- Clapping Pull Ups
- Switch Pull Ups
- Mix Grip Switch Pull Ups
- In & Out Pull Ups
- Walking Pull Ups
- Foot-Touch Chin Ups

## **STRENGTH VARIATIONS**

- Weighted Pull Ups
- Sternum Chin Ups
- One-Side Pull Ups
- Side-to-Side Pull Ups
- Circle Pull Ups
- L-Sit Pull Ups
- Burpee Pull Ups
- Towel/Rope Pull Ups



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# YOUR FIRST PULL UP WORKOUT ROUTINE

**IF YOU CAN'T PERFORM A SINGLE PULL UP, DON'T WORRY! THIS ROUTINE WILL GET YOU STARTED.**

Here is a simple routine that you can do 2-3 times a week (in addition to your regular workout routines) to help improve your pull up numbers or allow you to perform your first one. This workout has a simple structure that you can mix and match with different exercises using the variety of variations featured in this ebook.

SET	EXERCISE	ROUNDS X WORK
A1:	PULL UP NEGATIVES (5 COUNT)	2 X 5 REPS
A2:	HANGING LEG RAISES	2 X 10 REPS
B1:	CHIN UP NEGATIVES (5 COUNT)	2 X 5 REPS
B2:	L-SIT HANGS	2 X 30-60 SEC
C1:	EXTENDED PUSH UPS	2 X 10
C2:	BAR HANGS	2 X 30-60 SEC
D:	FARMER WALKS	2 X 50 FEET

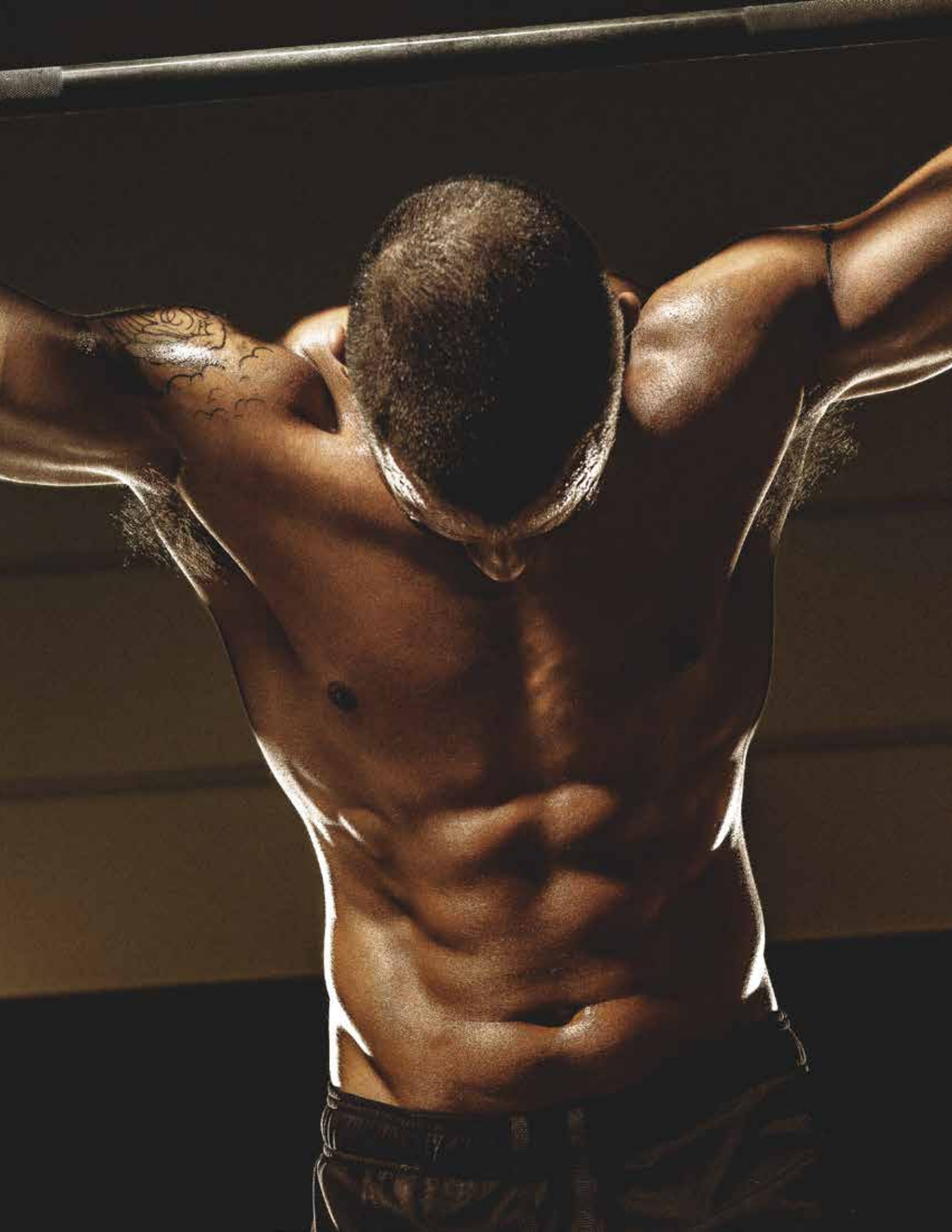


READY TO MASSIVELY INCREASE YOUR MUSCLE & YOUR PULL UP NUMBERS? THEN GIVE THIS A SHOT.

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# ***THE PULL UP WORKOUT PLAN***







^ Real strength and real muscle takes work... and that's what this workout plan requires.

# WORKOUT PLAN SPECS

<b>FOCUS</b>	STRENGTH, CONDITIONING, MASS
<b>DIFFICULTY</b>	MODERATE-ADVANCED
<b>DURATION</b>	4 WEEKS
<b>EQUIPMENT</b>	KETTLEBELLS, PULL UP BAR, JUMP ROPE, BATTLE RINGS

The purpose of this workout plan is to help you rapidly increase the maximum number of pull ups you can perform at once. It assumes that you can at least perform a few reps, however, if you are unable to perform any pull ups, simply substitute the more difficult pull up variations for standard pull ups, pull up and chin up negatives, or pull up and chin up holds.

It includes both strength and conditioning exercises utilized to enhance muscular endurance. It also includes some lower body exercises to promote a balanced workout, even though the muscles they work may not be utilized when performing pull ups.

It is very important to perform both the warm up and joint mobility exercises prior to each workout, as well as a 5-10 minute joint mobility routine following the workout. As any workout plan, the workouts get progressively more difficult in both exercise variation and reps.

**For Exercise Tutorials, go to**

<https://www.onnit.com/academy/category/training/exercises/>



# 4 WEEK SCHEDULE

## 4 WEEK SCHEDULE

1 WORKOUT
2 WORKOUT
3 WORKOUT
4 REST
5 WORKOUT
6 WORKOUT
7 REST
8 WORKOUT
9 WORKOUT
10 WORKOUT
11 REST
12 WORKOUT
13 WORKOUT
14 REST
15 WORKOUT
16 WORKOUT
17 WORKOUT
18 REST
19 WORKOUT
20 WORKOUT
21 REST
22 WORKOUT
23 WORKOUT
24 WORKOUT
25 REST
26 WORKOUT
27 WORKOUT
28 REST

<b>1</b>	<b>MONDAY</b> ARMS/SHOULDERS WORKOUT 1	<b>15</b>	<b>MONDAY</b> ARMS/SHOULDERS WORKOUT 2
<b>2</b>	<b>TUESDAY</b> CONDITIONING & CORE WORKOUT 1	<b>16</b>	<b>TUESDAY</b> CONDITIONING & CORE WORKOUT 3
<b>3</b>	<b>WEDNESDAY</b> GREASE THE GROOVE WORKOUT 1	<b>17</b>	<b>WEDNESDAY</b> GREASE THE GROOVE WORKOUT 2
<b>4</b>	<b>THURSDAY</b> REST	<b>18</b>	<b>THURSDAY</b> REST
<b>5</b>	<b>FRIDAY</b> BACK/CORE WORKOUT 1	<b>19</b>	<b>FRIDAY</b> BACK/CORE WORKOUT 2
<b>6</b>	<b>SATURDAY</b> CONDITIONING & CORE WORKOUT 1	<b>20</b>	<b>SATURDAY</b> CONDITIONING & CORE WORKOUT 2
<b>7</b>	<b>SUNDAY</b> REST	<b>21</b>	<b>SUNDAY</b> REST
<b>8</b>	<b>MONDAY</b> BACK/CORE WORKOUT 1	<b>22</b>	<b>MONDAY</b> BACK/CORE WORKOUT 2
<b>9</b>	<b>TUESDAY</b> CONDITIONING & CORE WORKOUT 2	<b>23</b>	<b>TUESDAY</b> CONDITIONING & CORE WORKOUT 2
<b>10</b>	<b>WEDNESDAY</b> GREASE THE GROOVE WORKOUT 1	<b>24</b>	<b>WEDNESDAY</b> GREASE THE GROOVE WORKOUT 2
<b>11</b>	<b>THURSDAY</b> REST	<b>25</b>	<b>THURSDAY</b> REST
<b>12</b>	<b>FRIDAY</b> ARMS/SHOULDERS WORKOUT 1	<b>26</b>	<b>FRIDAY</b> ARMS/SHOULDERS WORKOUT 2
<b>13</b>	<b>SATURDAY</b> CONDITIONING & CORE WORKOUT 1	<b>27</b>	<b>SATURDAY</b> CONDITIONING & CORE WORKOUT 3
<b>14</b>	<b>SUNDAY</b> REST	<b>28</b>	<b>SUNDAY</b> REST



# WORKOUTS



## GREASE THE GROOVE WORKOUTS

Each week includes one Grease the Groove (GTG) Workout which involves 10 sets of different pull up variations performed throughout the day with 1-2 hours between each one. If the listed amount of reps is not challenging enough, just add more! Alternatively, if the listed amount of reps is too difficult, choose easier variations. Make sure you perform joint mobility drills throughout these workout days, warming up your shoulders before each set.

### GREASE THE GROOVE WORKOUT #1

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
A:	Pull Ups/Chin Ups	10 x 5	Bodyweight	Alternate b/t exercise each set.

### GREASE THE GROOVE WORKOUT #2

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
A:	Pull Ups w/Grip Variations	10 x 7	Bodyweight	



# CONDITIONING & CORE WORKOUTS

## CONDITIONING & CORE WORKOUT #1

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
JMSWU	Joint Mobility/Warm Up	10 min	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
A1:	Jump Rope	3-5 x 60 sec	Bodyweight	
A2:	Around the Body	3-5 x 60 sec	Heavy	
A3:	Plank Complex	3-5 x 60 sec	Bodyweight	
A4:	Jump Rope	3-5 x 60 sec	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
B1:	KB Rocking Chair	3-5 x 45 sec ES	Light-Moderate	
B2:	Figure 8	3-5 x 60 sec	Moderate	
B3:	Sit Up	3-5 x 60 sec	Bodyweight	
B4:	KB Rocking Chair	3-5 x 45 sec	Light-Moderate	No rest b/t exercises. 60-90 sec rest between circuits.
JMSC:	Joint Mobility/Stretching/Cool Down	10 min	Bodyweight	

## CONDITIONING & CORE WORKOUT #2

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
JMSWU	Joint Mobility/Warm Up	10 min	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
A1:	Double KB Farmer Walk	3-5 x 50 feet	Heavy	
A2:	Sprawl	3-5 x 15-20	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
B1:	Double KB Walking Lunge	3-5 x 25 feet	Moderate-Heavy	
B2:	Deck Squat	3-5 x 15-20	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
C1:	Double KB Overhead Lockout Walk	3-5 x 50 feet	Moderate-Heavy	
C2:	Burpee	3-5 x 15-20	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
JMSC:	Joint Mobility/Stretching/Cool Down	10 min	Bodyweight	

## CONDITIONING & CORE WORKOUT #3

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
JMSWU	Joint Mobility/Warm Up	10 min	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
A1:	Hanging Leg Raises	3 x 25	Bodyweight	
A2:	Gladiator Hold	3 x 45 sec ES	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
B1:	Hanging Knee Raises	3 x 25	Bodyweight	
B2:	Superman X	3 x 25	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
C1:	KB Windmill	3 x 10-15 ES	Moderate-Heavy	
C2:	Plank	3 x 60-90 sec	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
JMSC:	Joint Mobility/Stretching/Cool Down	10 min	Bodyweight	

# ARMS & SHOULDERS WORKOUTS

## ARMS & SHOULDERS WORKOUT #1

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
JMSWU	Joint Mobility/Warm Up	10 min	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
A1:	Pull Up Negatives (4 count)	3 x 10	Bodyweight	
A2:	Chin Up Hold	3 x 30-60 sec	Bodyweight	45-60 sec rest between sets.
B:	Hand Walk Out to Extended Push Up	2 x 60-90 sec	Bodyweight	
C1:	2-Hand KB Curl	2 x 10	Heavy	No rest b/t exercises. 45-60 sec rest between circuits.
C2:	Double Side-Handle Curl	2 x 20ES	Light-Moderate	
FINISHER:	Double KB Push Press	16 x 15 sec	Moderate	15 sec on, 15 sec rest for 8 min.
JMSC:	Joint Mobility/Stretching/Cool Down	10 min	Bodyweight	

## ARMS & SHOULDERS WORKOUT #2

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
JMSWU	Joint Mobility/Warm Up	10 min	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
A1:	Double KB Press	3 x 5-8	Heavy	
A2:	Double KB Press	3 x 10	Moderate	45-60 sec rest between sets.
A3:	Push Up	3 x 10	Bodyweight	
B:	Ring Dips	3 x 25	Bodyweight	No rest b/t exercises. 45-60 sec rest between circuits.
C1:	Overhead KB Extension	2 x 15-20	Heavy	
C2:	KB Skull Crusher	2 x 10	Moderate	15 sec on, 15 sec rest for 8 min.
FINISHER:	Double KB High Pull	16 x 15 sec	Moderate	
JMSC:	Joint Mobility/Stretching/Cool Down	10 min	Bodyweight	

# BACK & CORE WORKOUTS

## BACK & CORE WORKOUT #1

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
JMSWU	Joint Mobility/Warm Up	10 min	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
A1:	Pull Up	3 x 10	Bodyweight	
A2:	Explosive Push Up	3 x 15-20	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
B1:	Ring Row (Weighted)	3 x 10	Moderate	
B2:	Ring Row (Knees Bent)	3 x 15-20	Bodyweight	No rest b/t exercises. 45-60 sec rest between circuits.
C1:	Ring Fly	2 x 10	Bodyweight	
C2:	KB Crush Grip	2 x 45-60sec	Light-Moderate	20 sec on, 10 sec rest for 8 min.
FINISHER:	Deck Squat	1 x Tabata	Bodyweight	
JMSC:	Joint Mobility/Stretching/Cool Down	10 min	Bodyweight	

## BACK & CORE WORKOUT #2

SET	EXERCISE	ROUNDS X REPS	WEIGHT	NOTES
JMSWU	Joint Mobility/Warm Up	10 min	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
A1:	Towel/Rope Pull Up	3 x 5-8	Bodyweight	
A2:	Double KB Floor Press	3 x 10	Bodyweight	No rest b/t exercises. 60-90 sec rest between circuits.
B1:	Inverted KB Push Up	2 x 10-15	Moderate	
B2:	Knee Touch Push Up	2 x 20	Bodyweight	No rest b/t exercises. 45-60 sec rest between circuits.
C1:	Ballistic Row	2 x 10ES	Bodyweight	
C2:	KB Pull Over	2 x 10	Light-Moderate	20 sec on, 10 sec rest for 8 min.
FINISHER:	Peak Outs	1 x Tabata	Bodyweight	
JMSC:	Joint Mobility/Stretching/Cool Down	10 min	Bodyweight	

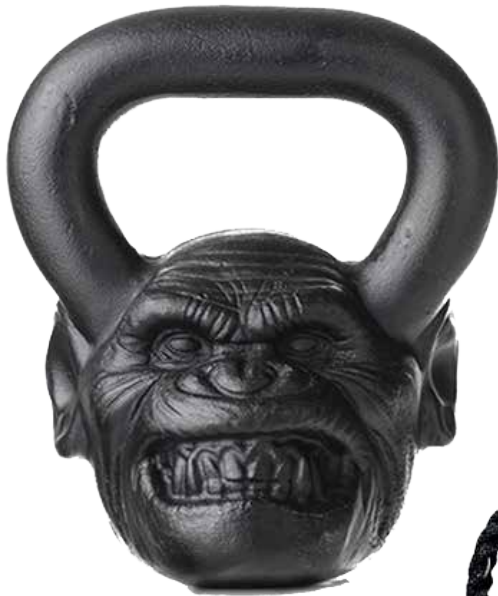






# RESOURCES

# ONNIT HAS EVERYTHING YOU NEED TO SUCCEED WITH THIS WORKOUT PLAN, FROM EQUIPMENT TO SUPPLEMENTATION TO EXERCISE TUTORIALS, WE HAVE YOU COVERED.



## PRIMAL KETTLEBELLS

Made from the same high-quality, extremely rust and chip-resistant coated iron as the original Onnit Kettlebells, our Primal Bells have been 3D scanned and re-sculpted multiple times to ensure perfect balance for a professional quality workout.

**Price:**  
Starting at \$42.95

**Link:**  
[www.Onnit.com/primal-bells](http://www.Onnit.com/primal-bells)



## PULL UP BAR

This pull up bar is designed to fit snugly and safely in any standard doorway. The upgraded foam handles offer non-slip comfort and three grip options allow you to choose from wide grip, close grip, or parallel grip.

**Price:**  
\$29.95

**Link:**  
[www.Onnit.com/onnit-pull-up-bar](http://www.Onnit.com/onnit-pull-up-bar)

## BATTLE RINGS

While you can perform typical suspension exercises similar to gym rings, the unique features of this training tool also allow for hanging rope drills and pulling exercises that haven't been available before now.

**Price:**  
Starting at \$49.95

**Link:**  
[www.Onnit.com/battle-ring-suspension-system](http://www.Onnit.com/battle-ring-suspension-system)



## JUMP ROPES

Our jump rope adds a little bit more weight to the handles and cord to engage your arms and shoulders while jumping. Ideal for a full body warm up, cool down, or sprint: the jump rope is durable, comfortable, and the absorbent foam handles won't slip out of your grip if your hands are sweaty.

**Price:**  
\$7.95

**Link:**  
[www.Onnit.com/onnit-jump-ropes](http://www.Onnit.com/onnit-jump-ropes)



## T+ PRE-WORKOUT FORMULA

This formula is designed to increase total strength and power output for all athletes, novice to professional – and it is shown to work. In a recent, double blind, placebo controlled study, athletes taking T+ over four weeks demonstrated strength gains 36% faster than placebo. More than just a competitive edge, T+ is an athletic performance revolution.

**Price:**  
\$59.95

**Link:**  
[www.Onnit.com/t-plus](http://www.Onnit.com/t-plus)