

## COLD BAR PULL UPS & COLD FLOOR PUSH UPS CHALLENGE

As we move into this strength block, we're introducing a highly effective challenge that requires little effort but delivers real results. This simple daily habit has helped many members achieve their **first strict pull up or push up** – and for those already there, it's a powerful way to build more capacity without burnout.

The concept is straightforward: perform small sets of **Pull Ups or Push Ups throughout the day**, without any warm-up – hence the name *Cold Bar* and *Cold Floor*. Each rep is logged manually (use your phone or calendar) and accumulated across the day, week, and month.

This isn't about fatigue or intensity. It's about **frequency and quality**. Aim for 1–5 reps at a time, as often as you can. Over time, the total volume adds up – and so does your strength.

### Choose the right version for your level:

- **Pulling:** Strict Pull Ups, Negative Pull Ups, or Ring Rows
- **Pushing:** Push Ups, Knee Push Ups, or Push Ups to an elevated surface (box, table, wall)

The goal is to **train the body to fire the right muscles** consistently. By never pushing to failure, you keep the movement clean, sharp, and efficient – rep after rep.

**Pro tip:** The biggest hurdle for most will be finding a place to pull. If you're serious about improving, we recommend investing in a door-mounted pull-up bar for your home. That way, the opportunity is always there.

### Fatigue & Injury Risk

Spreading the reps out during the day keeps fatigue low and recovery easy. That said, if you stack up a high number of reps, you might experience some soreness – especially early on. In that case, simply scale back or take a rest day. This challenge is about long-term progress, not pushing through discomfort. **Listen to your body and focus on quality.**

### Logg Your Reps:

You can either build your own system or you can make a copy of this Google Sheets: [https://docs.google.com/spreadsheets/d/1ZTljRhHBPPEbz6KEdX8DkOuuD0qMUovYD\\_f-b\\_MCTq/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1ZTljRhHBPPEbz6KEdX8DkOuuD0qMUovYD_f-b_MCTq/edit?usp=sharing)