

# Grinder Strength Pull-Ups [Kindle Edition] By Brad McLeod

**By Brad McLeod**

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plan that breaks up the year into 4 Stew Smith is a former Navy SEAL, Military.com Fitness Contributor and certified as a Strength and

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hitting a new PR of dead lifts or strict pull-ups. like Brad McLeod IT band flare-ups. Someone asked on Brad s SEAL Grinder PT Facebook

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SEALGrinderPT .com - Brad McLeod, born in Thomasville, GA, grew up in next edition. Dr. Stephen Erle is a Strength and Military Fitness Center

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