

*Unlock Achievements*

**IRL**

***ElephantNinja - May 22,  
2011 - HacDC***

# *The single best exercise*

The New York Times

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## What's the Single Best Exercise?

By GRETCHEN REYNOLDS

Published: April 15, 2011

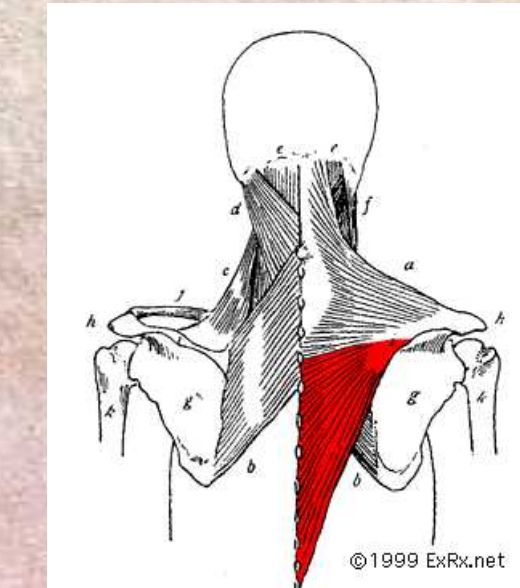
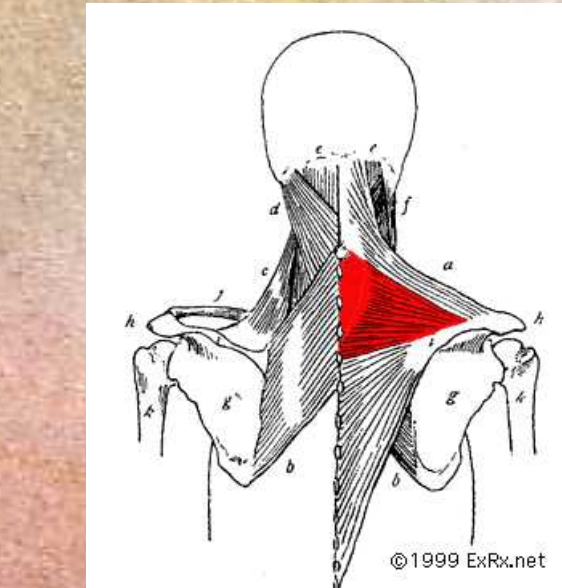
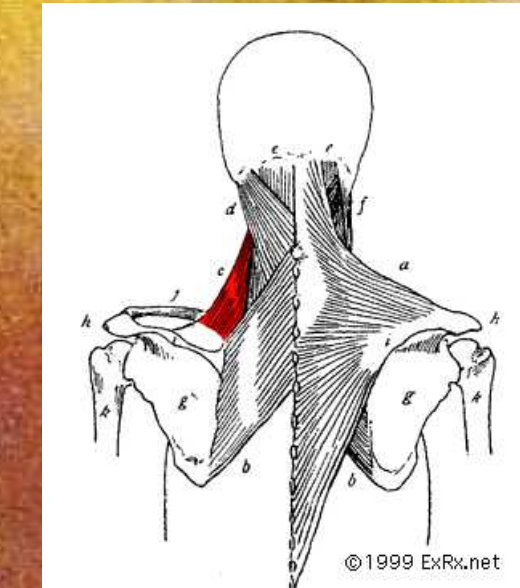
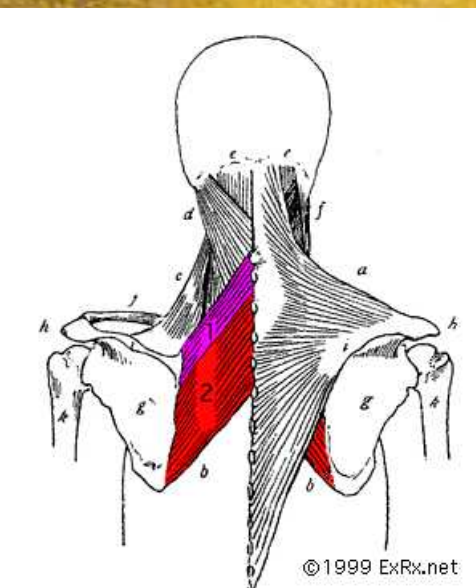
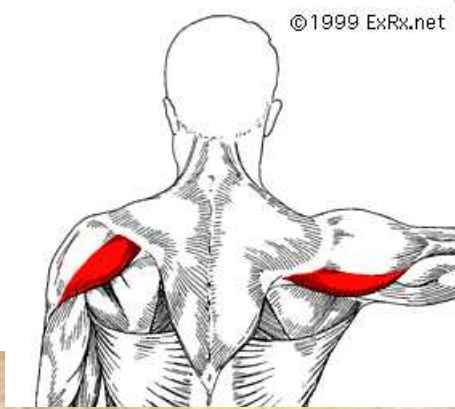
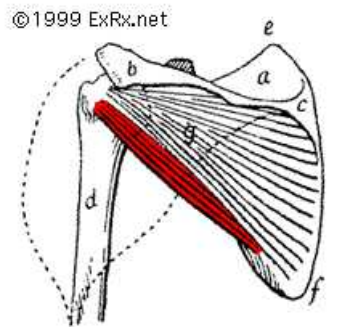
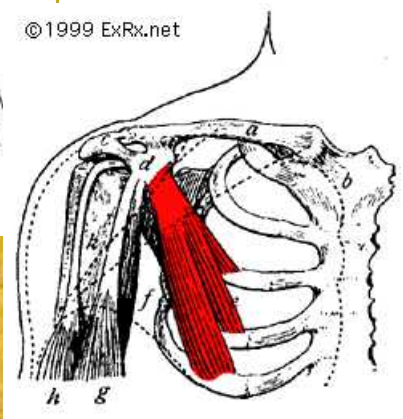
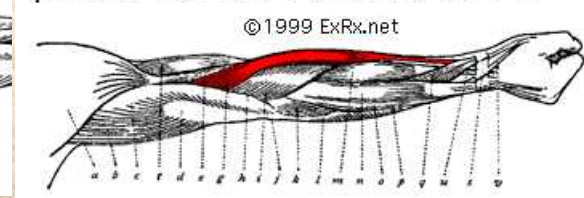
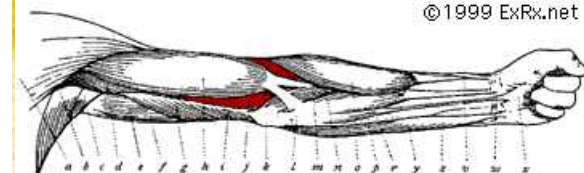
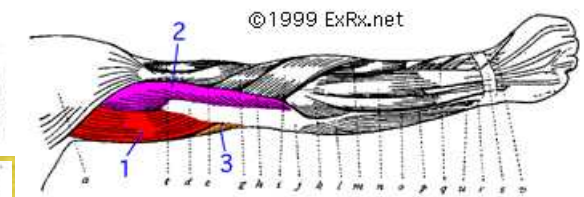
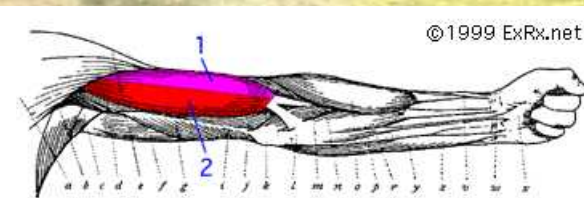
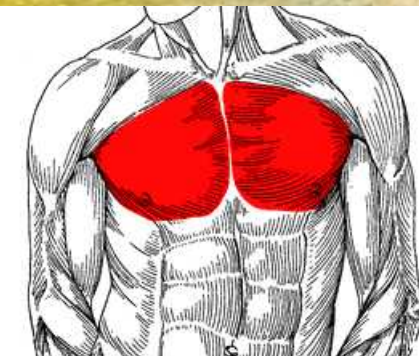
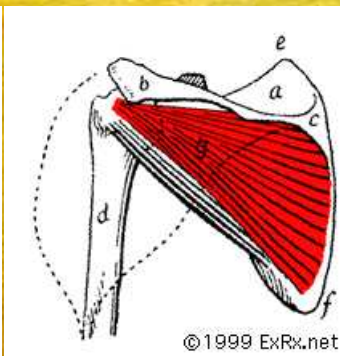
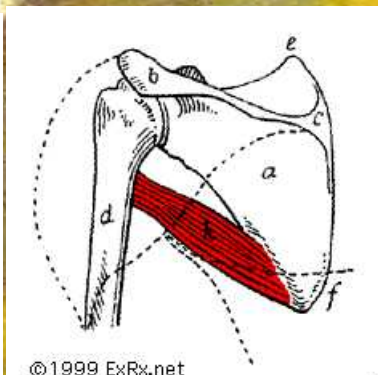
The only glaring inadequacy of H.I.T. is that it builds muscular strength less effectively than, say, the squat. But even that can be partially remedied, Gibala said: “Sprinting up stairs is a power workout and interval session simultaneously.” Meaning that running up steps just might be the single best exercise of all. Great news for those of us who could never master the butterfly.



- If you sit most of the day – you need to find a way to keep your muscles in shape. For your lower body there is walking, running, biking, and climbing stairs.
- But what about the upper body?



# What muscles are engaged with chin ups?





# Stats Verse

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General

**Score:** 5,252,061

**Kills:** 25,707

**Deaths:** 23,034

**K/D Ratio:** 1.12

**Time:** 499h 1m

**Team Score:** 193,475

**Squad Score:** 366,790

**Objective Score:** 157,210

**Vehicle Score:** 417,145

**Award Score:** 2,591,550

**Bonus Score:** 300,376

**Score per Minute:** 175

**Games:** 2,500

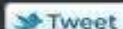
**Wins:** 1,302

**Losses:** 1,198

**W/L Ratio:** 1.09

**Skill Level:** 170

**Destruction 2.0 Kills:** 16

**Dogtags:** 601


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Want to see all your weapons together in one table? Switch to the Detailed view.

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## Kits

Name	Score	Kills	Deaths	KDR
<b>Assault</b>	785,493	8,919	8,610	1.04
<b>Engineer</b>	598,830	7,661	6,150	1.25
<b>Medic</b>	577,762	5,135	4,765	1.08
<b>Recon</b>	281,281	3,093	2,806	1.10
<b>Total</b>	<b>2,243,366</b>	<b>24,808</b>	<b>22,331</b>	<b>1.11</b>

## Teams

Name	Games	Wins	Losses	WLR
<b>Attacker</b>	1183	758	425	1.78
<b>Defender</b>	1260	508	752	0.68
<b>Total</b>	<b>2500</b>	<b>1302</b>	<b>1198</b>	<b>1.09</b>

When you play Conquest, Bad Company 2 counts a win as an Attacker Win, while a loss is counted as a Defender Loss.

## Weapons





Date	Reps	Running Total	Grip Type	Goal	Sticker
1/1/2011	1	1	Neutral	3 consecutive pullups	
1/ 2/ 2011	2	3	Pullup	4	
1/ 3/ 2011	2	5	Chinup	5	
...				6	
				25 Total Pullups	
				50	
				100	
				200	

Date	# Pull ups	Total Hand	Date	# Pull ups	Total Hand	Bonus Category Award	Awa	Jps	Push Ups
1/28/2011	3	3 N	3-22	6	202 N	3			3/7/11 - 21
1/28/2011	3	6 N	4-7	35	216 N	4			
1/28/2011	3	9 N	4-2	35	231 N	5			
1/28/2011	2	11 N	4-7	35	246 N	6			
1/28/2011	3	14 C	4-9	45	261 C	7			
1/29/2011	4	18 C	4-9	516	276 C	8			
1/31/2011	4	22 N	4-11	6-30	321 C	9			
1/31/2011	3	25 P	4-12	4	330 C	10			
1/31/2011	3	28 P	4-15	14	344 C	11			
1/31/2011	3	31 P	4-16	10	354 N				
			4-16	10	364 C				
2/1/2011	5	36 N	4-17	2x5	374 C	10 Total pull-ups			
2/1/2011	4	40 N	4-19	677	397	15			
2/2/2011	4	44 N	4-21	10	397	20			
2/2/2011	4	48 N	5-7	2x10	417	40			
2/5/2011	5	53 N	5-10	10	427	50			
2/5/2011	3	56 C	5-20	10	437	75			
2/6/2011	5	61 N				100*			
2/9/2011	4	65 N				150			
2/10/2011	4	69 C				200*			
2/12/2011	5	74 P				250			
2/13/2011	4	78 N				300			
2/13/2011	8	84 N				350			
2/15/2011	5	89 N				400*			
2/15/2011	5	94 N							
2/16/2011	6	100 P							
2/17/2011	6	106 P							
2/17/2011	6	112 C							
2/18/2011	5	117 P							
3/6/2011	7	124 C							
3/7/2011	7	131 N							
3/7/2011	6	137 P							
3/8/2011	6	143 N							
3/8/2011	7	152 P							

- 10 Total pull-ups
- 15
- 20
- 40
- 50
- 75
- 100\*
- 150
- 200\*
- 250
- 300
- 350
- 400\*

5x15  
6x16  
7x17



