



AM – BACK

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Neutral Grip Pull-ups	2	6-8	
B1 Chest Supported Tbar row	3	6-8	
C1 Single Arm Cable pulldown	3	6-8	
D1 Machine rows	2	6-8	
E1 pulldowns (neutral grip)	3	10-15	

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