



## PULL

Day\_\_\_\_\_

Date\_\_\_\_\_

Time\_\_\_\_\_

Weight\_\_\_\_\_

Sleep\_\_\_\_\_

Stress\_\_\_\_\_

Mood/Notes \_\_\_\_\_

Exercise	Sets	Reps	Notes
<b>A1</b> pull-downs (single arm)	2	6-8	
<b>B1</b> Chest Supported Tbar row	2	6-8	
<b>C1</b> Chest supported machine Row	2	6-8	
<b>D1</b> Tbar	1	6-8	
<b>E1</b> Standing cable curls	2	10-12	
<b>F1</b> Reverse pec dec	2	6-8	
<b>G1</b> Ab Mat Crunches	2	6-8	
<b>Superset</b>			
<b>G2</b> Wrist Curls	2	20	

Start your free trial on Hypertrophycoach to log all of your workouts, nutrition and metrics such as sleep, stress, mood etc in the app!

Join over 10,000 other members getting jacked!