



PULL

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 wide grip pull ups	3	5-8	
B1 chest supported barbell rows	3	8-10	
C1 bent over barbell rows	3	6-8	you do not set the bar down between sets
Superset			
C2 RDLs	3	AMRAP	you do not set the bar down between sets
Superset			
C3 shrugs	3	AMRAP	you do not set the bar down between sets
D1 Prone incline spider curls	3	12-15	hold at 90 degrees elbow flexion
Superset			
D2 Incline DB curls	3	12-15	hold at 90 degrees elbow flexion
Superset			
D3 Standing DB hammer ISO	3	30-40	hold at 90 degrees elbow flexion
E1 Ab mat crunches	4	8	

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