

# Exercise 02 Hammer Pulldowns

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hammer Pulldowns	1 - 2	6 - 8 Mild - Heavy	Working Set, Full Stretch and SQUEEZE

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hammer Pulldowns	3	Heavy	Full on Set Till Failure