



Day 1 Back

Yes your workout starts now

Exercise 01 UnderHand Cable Pull Downs

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
UnderHand Cable Pull Downs	1	10 Mild	Full Range of Motion, Loosen the Shoulders, Stretch The LATS, Warm Up

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
UnderHand Cable Pull Downs	2 - 3	8 - 10 Heavy	Up the Weight, Full Stretch and SQUEEZE

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
UnderHand Cable Pull Downs	4	Heavy	Full on Set Till Failure