

Exercise 08 Cable Pulldowns

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Tricep Cable Pulldowns	1 - 2	8 - 10 Mild	Warm-Up - Full Flex / Contraction

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Tricep Cable Pulldowns	3	Mild	Full On Set (Burn Out)