

Exercise 03 Cable Row

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Seated Cable Row (Double D Handle)	1 - 2	6 - 8 Light - Mild	Working Set, Full Stretch and SQUEEZE

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Seated Cable Row (Double D Handle)	3	Mild	Full on Set Failure