

Exercise 04 Barbell Rows

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Bent-Over Barbell Rows	1 - 2	6 - 8 Mild - Heavy	Working Set, Strict Form with Control, Squeeze

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Bent-Over Barbell Rows	3	Heavy	Full on Set Till Failure