

# Exercise 05 Lateral Row

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
One-Arm Lateral Machine Row	1	6 - 8 Mild - Heavy	Working Set, HARD SQUEEZE on the Pull

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
One-Arm Lateral Machine Row	2	Heavy	Full On Set Till Failure