

[illegible]

	Resistance band pullover								
	LAT		Biceps						
	Dumbbell Row		Barbell Curls.						
	Dumbbell Pullover		Bar Cable Curls.						
	Landmine Row		EZ Bar Preacher Curls.						
	Bent Over Row		Incline Dumbbell Curls.						
	Pendlay Row		One arm Dumbbell Preacher Curls.						
	Lat Pulldown		Reverse barbell curls.						
	Cable Row		Seated Dumbbell Curls.						
	T Bar Row		Standing Biceps Cable Curl.						