

Back



Treadmill walking

1 set, 10 mins

### BENT-ARM DUMBBELL PULL-OVER (WARM-UP SETS)

For the first warm-up set, use a weight you can easily handle for 10-12 reps. For the second, use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Bent-arm dumbbell pull-over

2 sets, 10-12 reps (rest 1 min. )



Bent-arm dumbbell pull-over

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 8-10 reps

### CLOSE-GRIP PULL-DOWN (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Close-grip pull-down

1 set, 10-12 reps



Close-grip pull-down

Perform one set to failure. Use a spotter to help you perform the final reps.

1 set, 8-10 reps

## SINGLE-ARM DUMBBELL ROW (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Single-Arm Dumbbell Row

1 set, 10-12 reps (left side, no rest)



Single-Arm Dumbbell Row

1 set, 10-12 reps (right side)

## SINGLE-ARM DUMBBELL ROW

Perform all of the reps for one side before switching to the other side. Don't rest between sides.



Single-Arm Dumbbell Row

1 set, 8-10 reps (left side, no rest)



Single-Arm Dumbbell Row

1 set, 8-10 reps (right side)

## CABLE SEATED ROW (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



Seated Row

Use a wide grip.

1 set, 10-12 reps



### Seated Row

Use a wide grip. Perform one set to failure.

1 set, 8-10 reps

## BARBELL DEADLIFT (WARM-UP SETS)

Use a weight that you can handle for 10-12 reps with only moderate strain. See video for details.



### Barbell Deadlift

Only lower the bar to mid shin during each rep.

1 set, 10-12 reps



### Barbell Deadlift

Only lower the bar to mid shin during each rep.

1 set, 8-10 reps