

Pull Day wk 2

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Barbell Rows	3 x 20		
Plank Shoulder shrugs	3 x 20	n/a	

Weight Room

Activity	Sets x Reps	Weight	Image / Description
Incline Bench reverse rows	10-10-8-8		Facing the ground, bench about 30-40° from parallel Elbows at 45° from parallel
Kettle Bell Standing Rows	10-10-8-8		Weights to upper chest, keep elbows <90°

Balance

Activity	Sets x Reps	Weight	Image / Description
Bent over DB fly One leg	4 x 10		Balance on one leg Arm straight, low weight
Bent over single arm DB rows	4 x 10 each leg		Balance on one leg Elbow parallel w/ body
Stand-up Y-raises	3 x 10 each leg		Balance on one leg, knee at 90°

Upstairs Machines

Activity	Sets x Reps	Weight	Image / Description
Lat Pulldown	3 x 12		
Rear Delt fly	3 x 12		

Activity	Sets x Reps	Weight	Image / Description
Cable Close Grip	3 x 20		
Shoulder T-raises	3 x 12 each arm		Feet facing slightly less than perp to cable machine, keep arm at or below shoulder

F is for FINISHER

Activity	Sets x Reps	Weight	Image / Description
Bent over BB Rows	1 x 20	High	
^	1 x 25	Drop 10-20lbs	
^^	1 x 30	Drop 10-20lbs	