

Pull Day wk 8

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Cross-arm shoulder stretch	2 x 15s each	n/a	
Arm Circles	2 x 10	n/a	

Activity	Sets x Reps	Weight	Image / Description
BB bent-over Rows (foregrip)	12-10-8-8		
BB bent-over Rows (reargrip)	12-10-8-8		
Trap Bar Shoulder Shrugs	4 x 10		

Activity	Sets x Reps	Weight	Image / Description
Cable Face pulls	3 x 20		
Foregrip BB curl and press	3 x 12		

Activity	Sets x Reps	Weight	Image / Description
DB Lateral raises	3 x 10		Slight lean forward, thumbs facing up, arms straight
DB single arm rows	3 x 6e		

Biceps

Activity	Sets x Reps	Weight	Image / Description
Alt. Bicep curl	3 x 10e		
Hammer curls	3 x 8		
in/out curls	3 x 15e		

Finisher

Activity	Sets x Reps	Weight	Image / Description
Lat Pulldown	3 x 12		
Pull ups	3 x 4		

