

## Pull Day wk 3

### Warm Up

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

### Pull-up variations

- Use RFC bands for assistance when needed

Activity	Sets x Reps	Weight	Image / Description
Rear-grip pull-ups (chin-up) *fingers facing you*	3 x 8		
Close Grip Pull-up *fingers facing away*	3 x 6		
Wide Grip Pull-up *MOD: switch between pulling to R/L hands*	3 x 4		

### Rows (cable)

Activity	Sets x Reps	Weight	Image / Description
Single arm row	3 x 6 each		For each:  3s pull, hold 2s, 3s release
Wide-Grip seated row	3 x 8		
Close-grip seated row	3 x 12		

### Flys set

Activity	Sets x Reps mmmo. On k ink. No. Kind in inn	Weight	Image / Description
Bent over rear delt flys *Arms out like a "T"	3 x 15		
Bent over lat flys *Arms back like a "↑"	3 x 15		

Bent over W-raises *Arms 90°, weights down, rotate up 90°	3 x 15		
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F is for FINISHER

Activity	Sets x Reps	Weight	Image / Description
Lat Pulldown *mod: pull behind head	1 x 15	High	
^	1 x AMRAP	Drop 10-20lbs	
^^	1 x AMRAP	Drop 10-20lbs	