

## Pull Day wk 9

### Warm Up

Activity	Sets x Reps	Weight	Image / Description
Banded Rows	2 x 12		
Plank arches	2 x 8		

### Barbell

Activity	Sets x Reps	Weight	Image / Description
Barbell rows foregrip	3 x 12		
Barbell curls	3 x 10		
Barbell rows reargrip	3 x 12		

### Pull ups

Activity	Sets x Reps	Weight	Image / Description
Foregrip (knuckles away)	3 x 8		assisted if necessary
Reargrip	3 x 6		
Wide reargrip	3 x 4		

### DB Biceps

Activity	Sets x Reps	Weight	Image / Description
Twisting Curls	3 x 12		
Arnold Curls	3 x 12		
in/out curls	1 x 30 1 x 20 1 x 15		

### F is for FINISHER

Activity	Sets x Reps	Weight	Image / Description
Cable pull aparts	1 x 10		

'''	1 x 15		
'''	1 x 20		

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