

## Pull Day wk 4

### Warm Up

Activity	Sets x Reps	Weight	Image / Description
Light Rowing Machine	5 min		focus on back pull

### Cable

Activity	Sets x Reps	Weight	Image / Description
Cable pulldowns single arm	3 x 10		(use the rope attachment)
Vertical close Grip Rows (3s pull, 2s hold, 3s release)	3 x 12		
Cable rows - to head 3-2-3	3 x 10		Use rope attachment

### DB Back

Activity	Sets x Reps	Weight	Image / Description
DB Bent-over Rows	3 x 10 each		single arm. Knee on bench facing down
DB shoulder Flys	3 x 12		
DB dual rows	3x10		

### DB Biceps

Activity	Sets x Reps	Weight	Image / Description
Hammer Curls	3 x 12		
Reverse grip Curls	3 x 12		Palms down
in/out curls	1 x 30 1 x 20 1 x amrap		

F is for FINISHER

Activity	Sets x Reps	Weight	Image / Description
Lat Pulldown	1 x 15		
""	1 x 20		
""	1 x 25		drop weight each set

-