

Pull Day wk 4

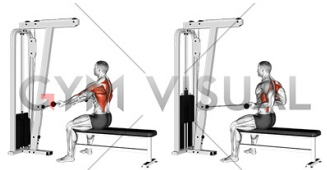
Warm Up

Activity	Sets x Reps	Weight	Image / Description
Lat Pulldown	2 x 20	light	
Plank Walkouts	2 x 6		

Weight Room


Activity	Sets x Reps	Weight	Image / Description
Close Grip Pull-ups	12-10-8		
Chin-ups	12-10-8		

Cable

Activity	Sets x Reps	Weight	Image / Description
Hammer Curls 3-2-3 (3s pull, 2s hold, 3s release)	3 x 10		(use the rope attachment)
Supine Grip Rows 3-2-3	3 x 12		
Cable rows - to head 3-2-3	3 x 10		Use rope attachment

Dumbbells

Activity	Sets x Reps	Weight	Image / Description
DB Bent-over Rows	3 x 10 each		
DB shoulder Flys	3 x 12		

Activity	Sets x Reps	Weight	Image / Description
Arnold Curls	3 x 8 each		
Twisting Curls	3 x 12		Palms down at bottom, palms up at top

F is for FINISHER

Activity	Sets x Reps	Weight	Image / Description
SEVENS	2x		

- Sevens: 7 Barbell curls from full extension to 90deg,
 - 7 curls from 90 to full flexion
 - 7 curls from full extension to full flexion