

## Pull Day wk 7

### 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    |                     |

### Pull-up variations

- Use RFC bands for assistance when needed

| Activity  | Sets x Reps | Weight | Image / Description |
|---|-------------|--------|---------------------|
| Rear-grip pull-ups (chin-up)<br>*fingers facing you*            | 3 x 8       |        |                     |
| Close Grip Pull-up<br>*fingers facing away*                     | 3 x 6       |        |                     |
| Wide Grip Pull-up<br>*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:<br><br>3s pull, hold 2s, 3s release |
| Wide-Grip seated row  | 3 x 8       |        |   |
| Close-grip seated row | 3 x 12      |        |   |

### Flys

| Activity   | Sets x Reps | Weight | Image / Description |
|--|-------------|--------|---------------------|
| Bent over rear delt flys<br>*Arms out like a "T" | 3 x 15      |        |                     |
| Lat Pulldown                                     | 3 x 15      |        |                     |
| Rows to head                                     | 3 x 15      |        |                     |

### Biceps

| Activity               | Sets x Reps | Weight | Image / Description |
|------------------------|-------------|--------|---------------------|
| Hammer DB Curls        | 12-12-8     |        |                     |
| Twisting Curls         | 12-12-8     |        |                     |
| Incline bench DB curls | 10-8-8      |        |                     |
| In/out curls           | 15-12-10    |        |                     |