

Pull Day wk 1

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Barbell Rows	4 x 10		
Pull Ups	4 x 10	n/a	

RFC Back Room Machines

Activity	Sets x Reps	Weight	Image / Description
Single Arm Lat pulldown	4 x 12e		
Low Row machine	4 x 12		
Seated mid row machine	4 x 12		

Upstairs RFC

Activity	Sets x Reps	Weight	Image / Description
Cord Lat Pull Down	3 x 12		
Back Flys	3 x 12		

Cable

Activity	Sets x Reps	Weight	Image / Description
Pull Aparts	4 x 12		Facing machine cross arms and pull apart cables from both sides
Hammer Curls	4x10		
Preacher Curls	5 x 15		To exhaustion