



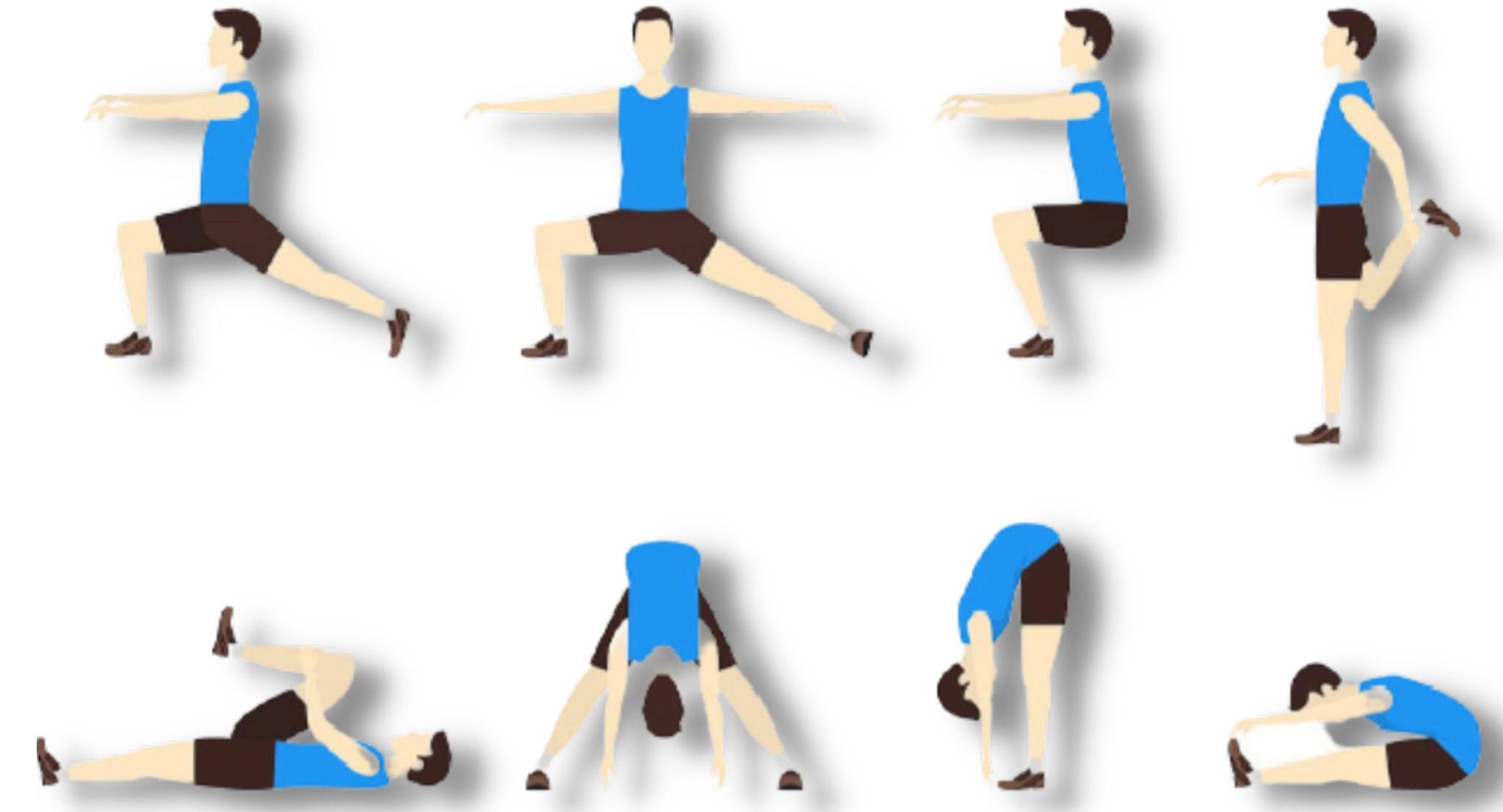
MAX WORKOUT



DAY - 4

Pull Day

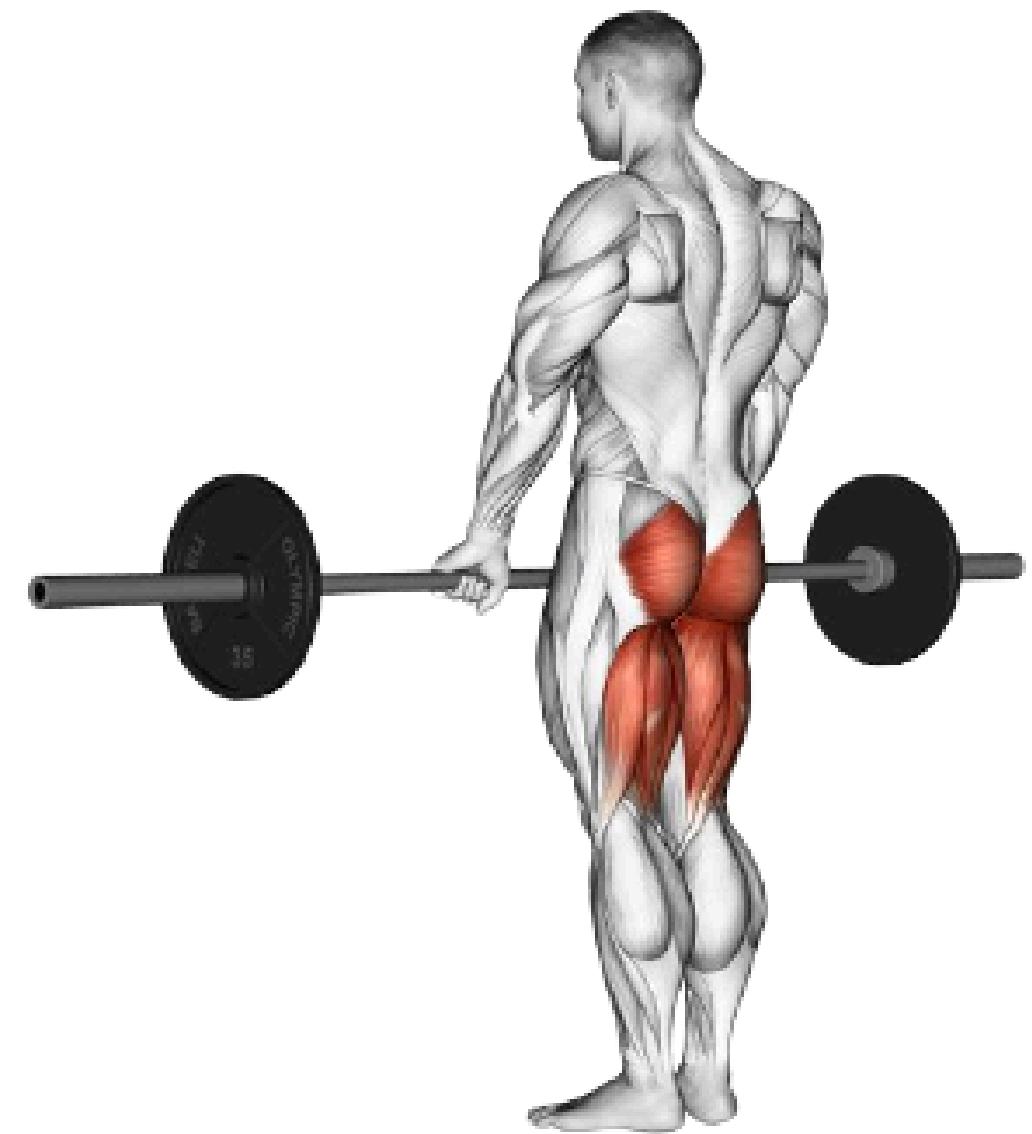
- **DYNAMIC STRETCHES**



- **WEIGHTED PULLUPS / PULLUPS / LAT PULLDOWN**
(3*12-15)



• **DEADLIFT**
(3*12-15)



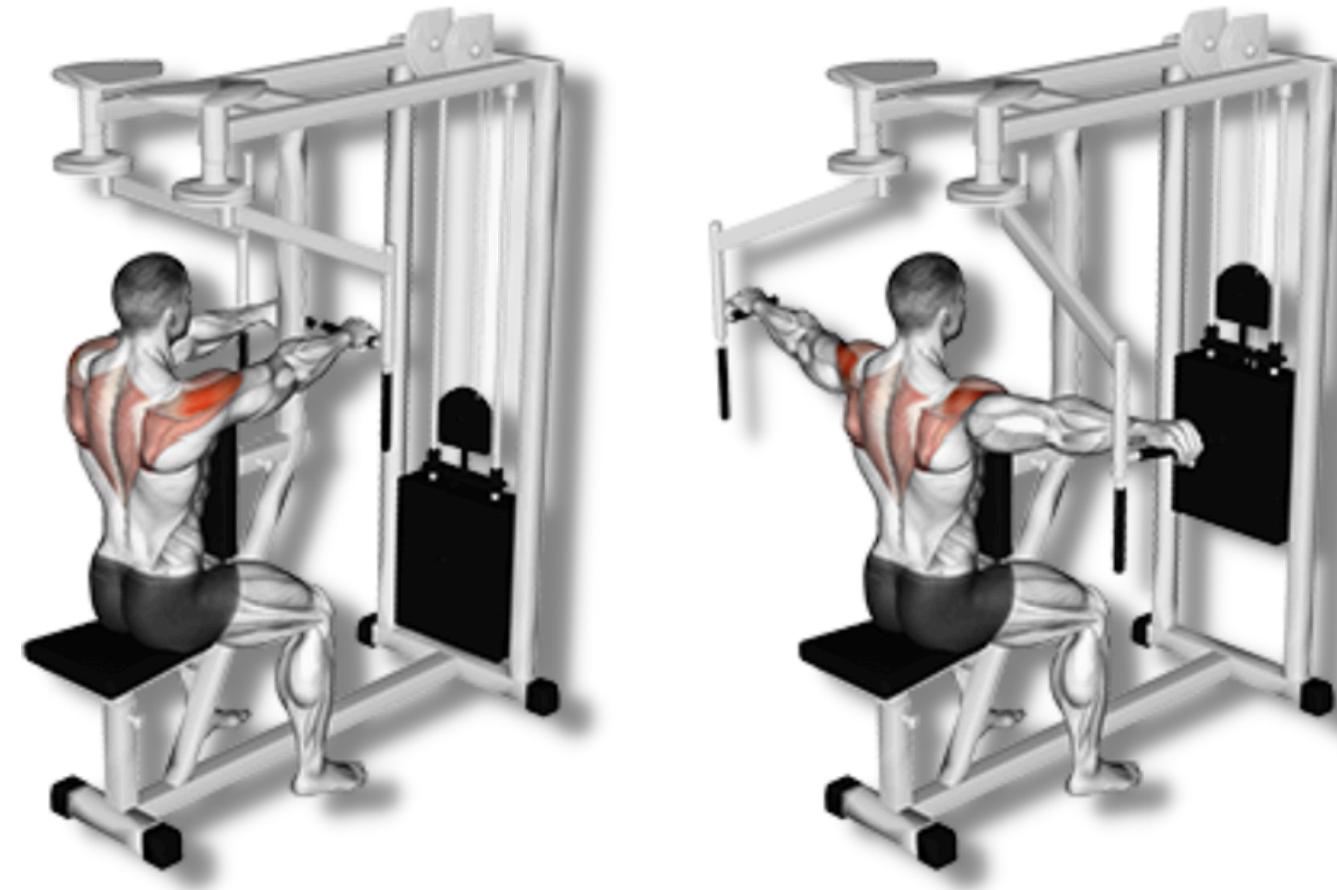
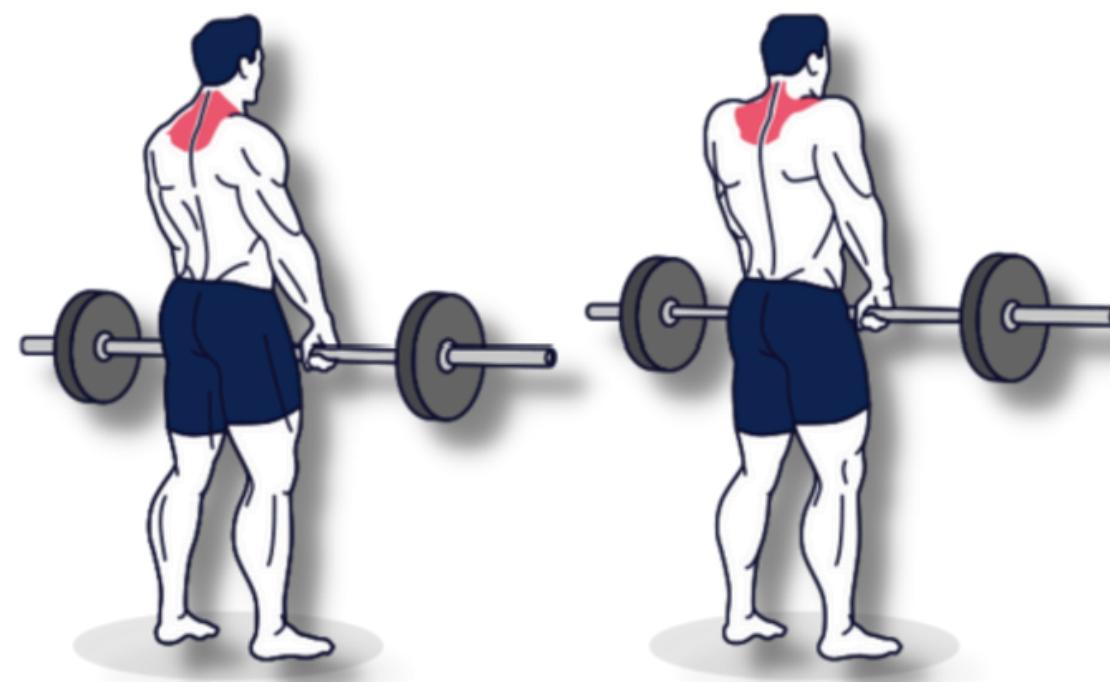
- **REVERSE GRIP LAT PULLDOWN**
(3*12-15)



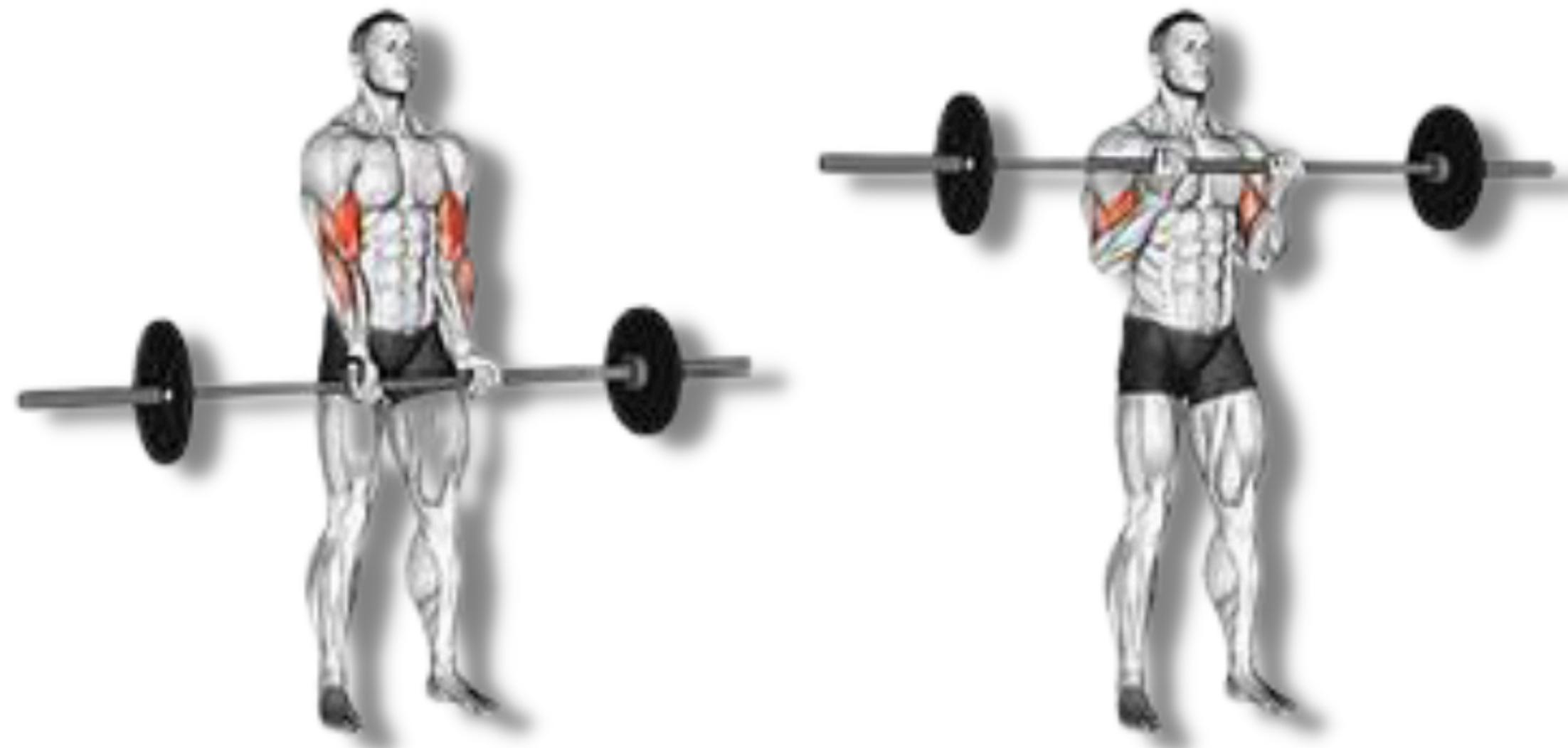
- **DUMBBELL ROWS**
(3*12-15)



- **BARBELL SHRUGS SUPERSET WITH REAR DELR FLIES / DUMBBELL FLIES
(3*12-15)**



- **BARBELL BICEP CURLS**
(3*12-15)



- **INCLINE BICEPS CURLS SUPERSET WITH HAMMER CURLS (3*12-15)**

