



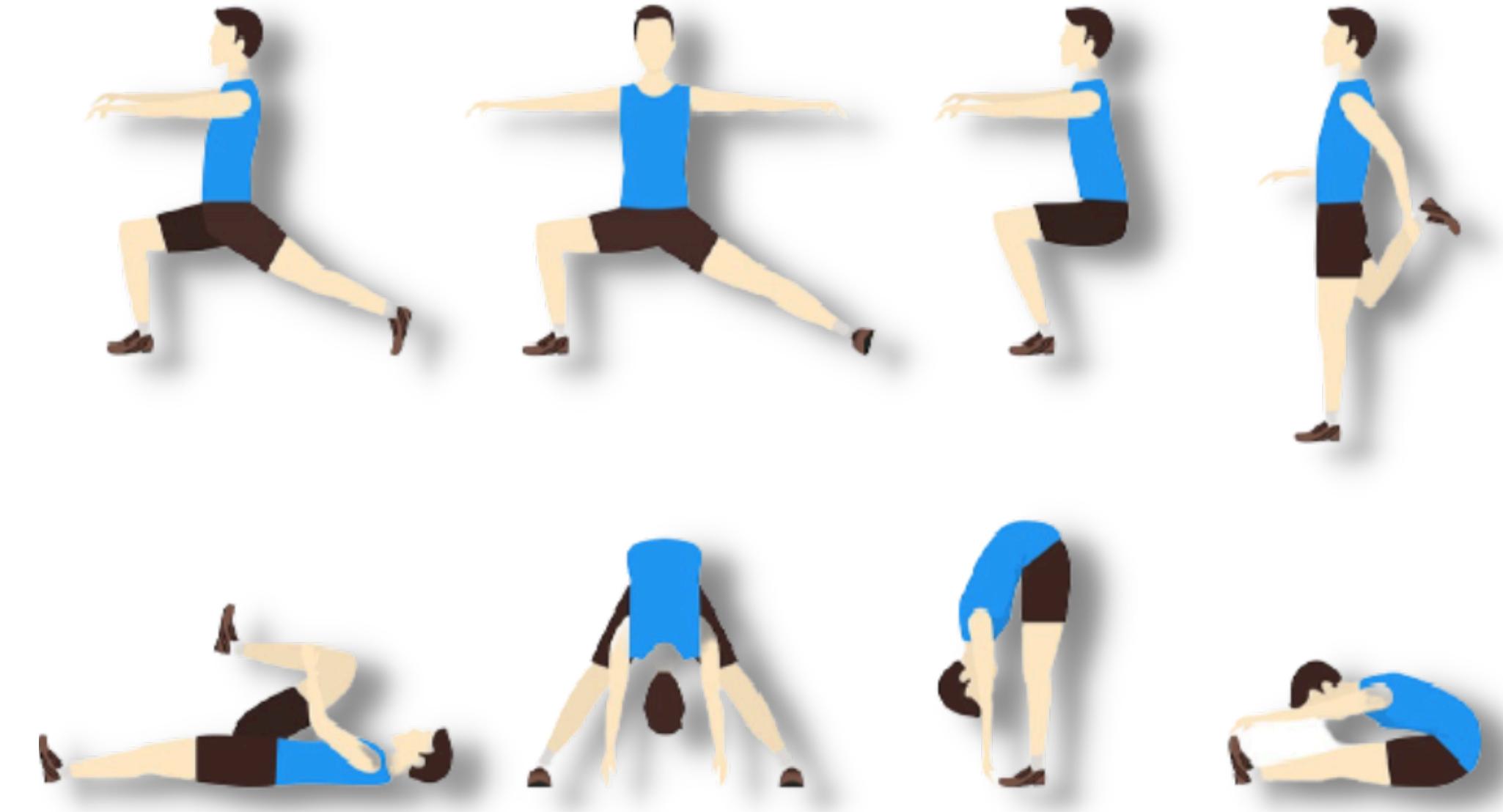
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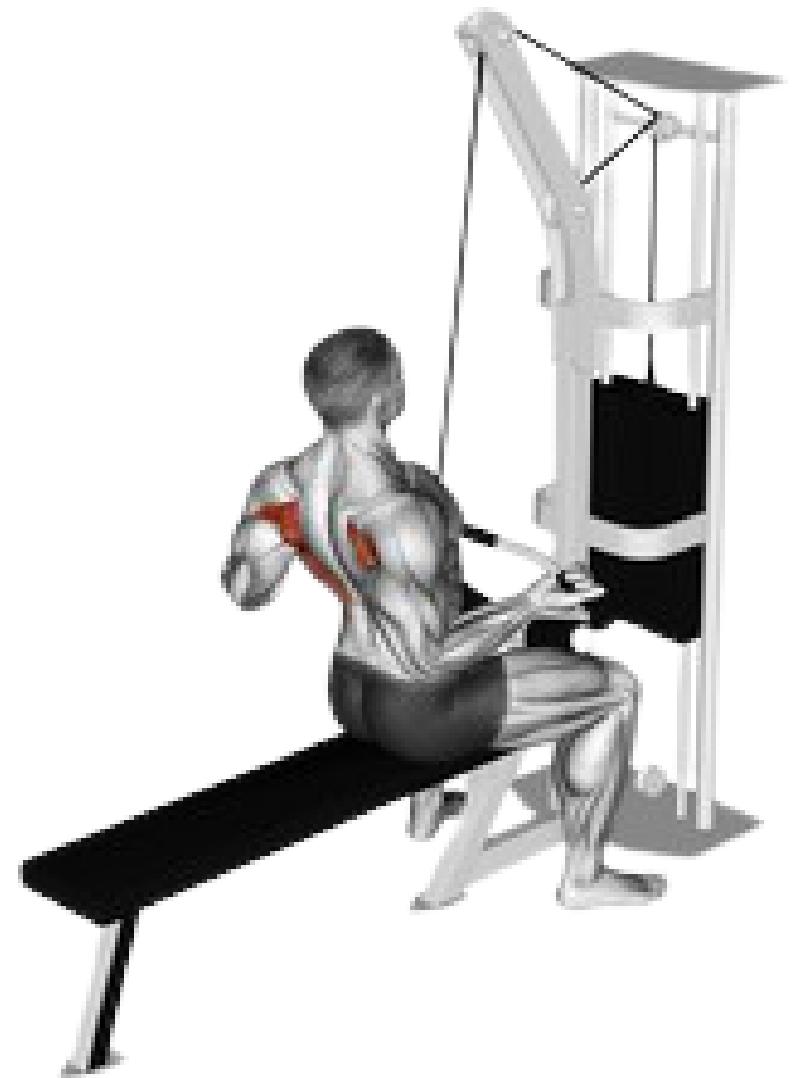
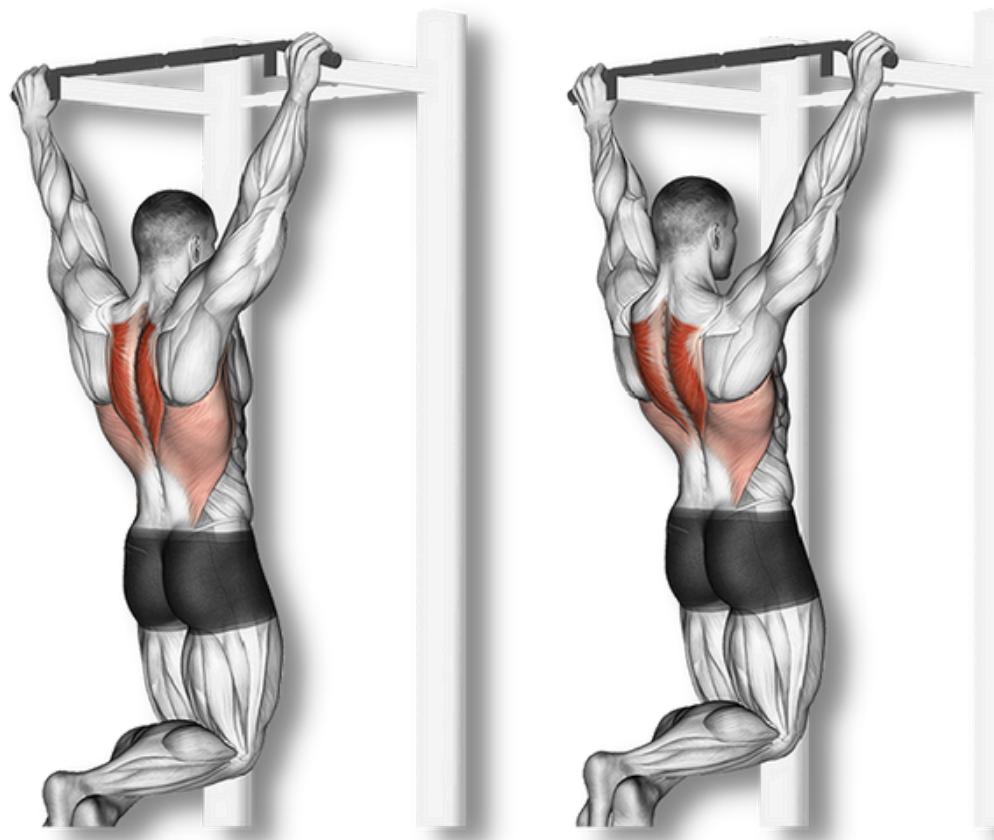
DAY - 5

Pull Day

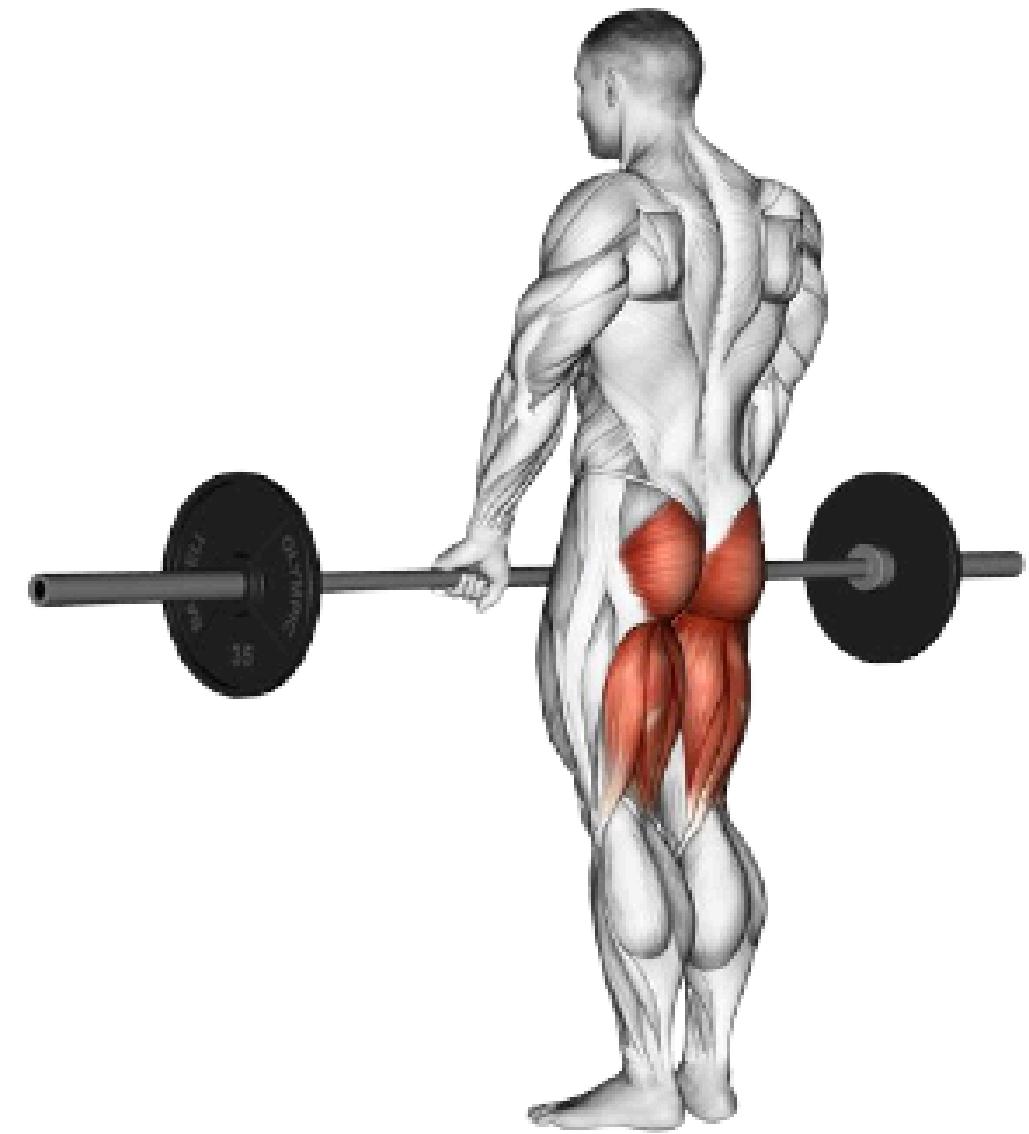
- **DYNAMIC STRETCHES**



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



• DEADLIFT
(3*12-15)



• REVERSE GRIP LAT PULLDOWN

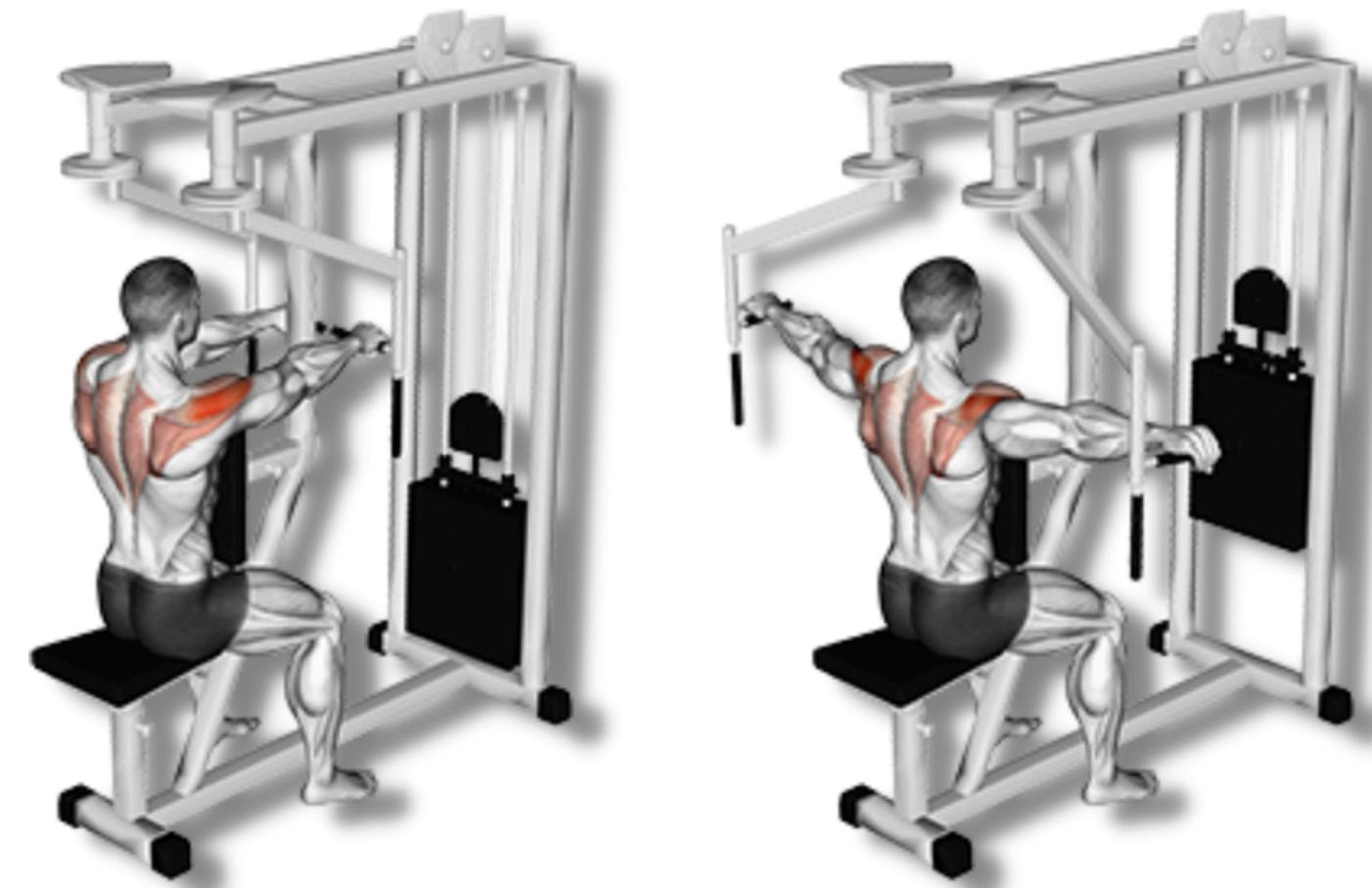
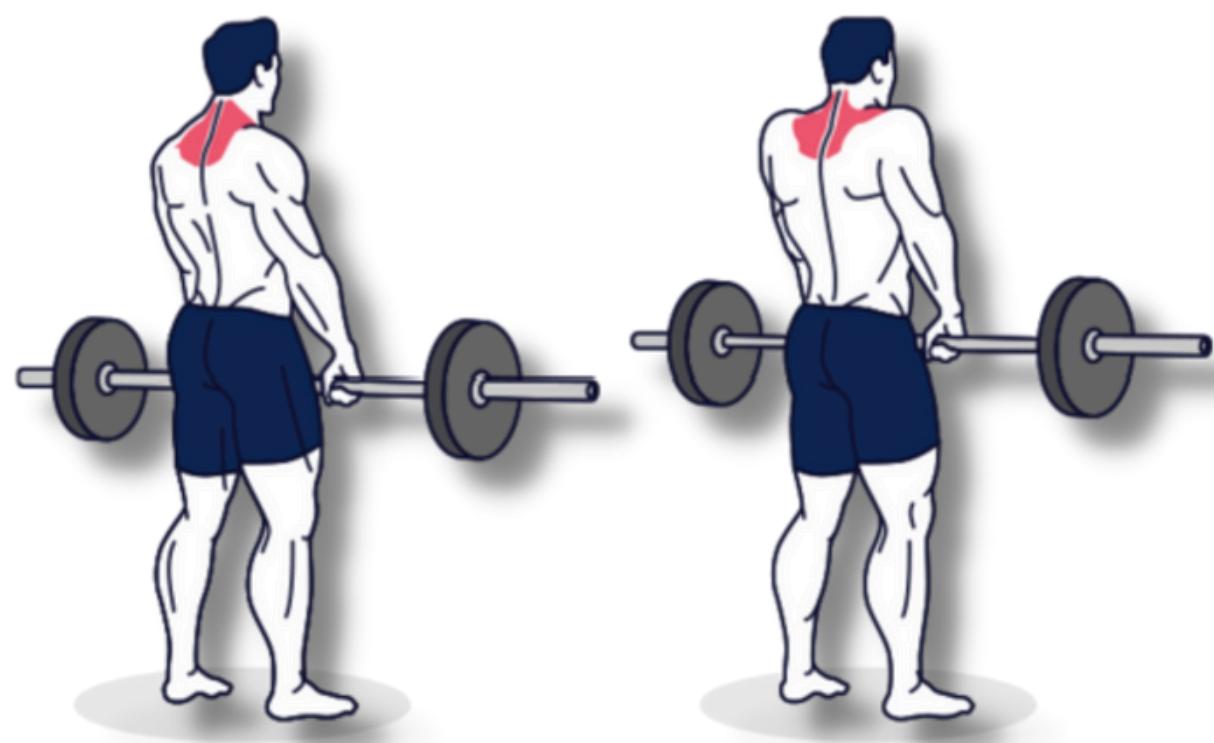
(3*12-15)



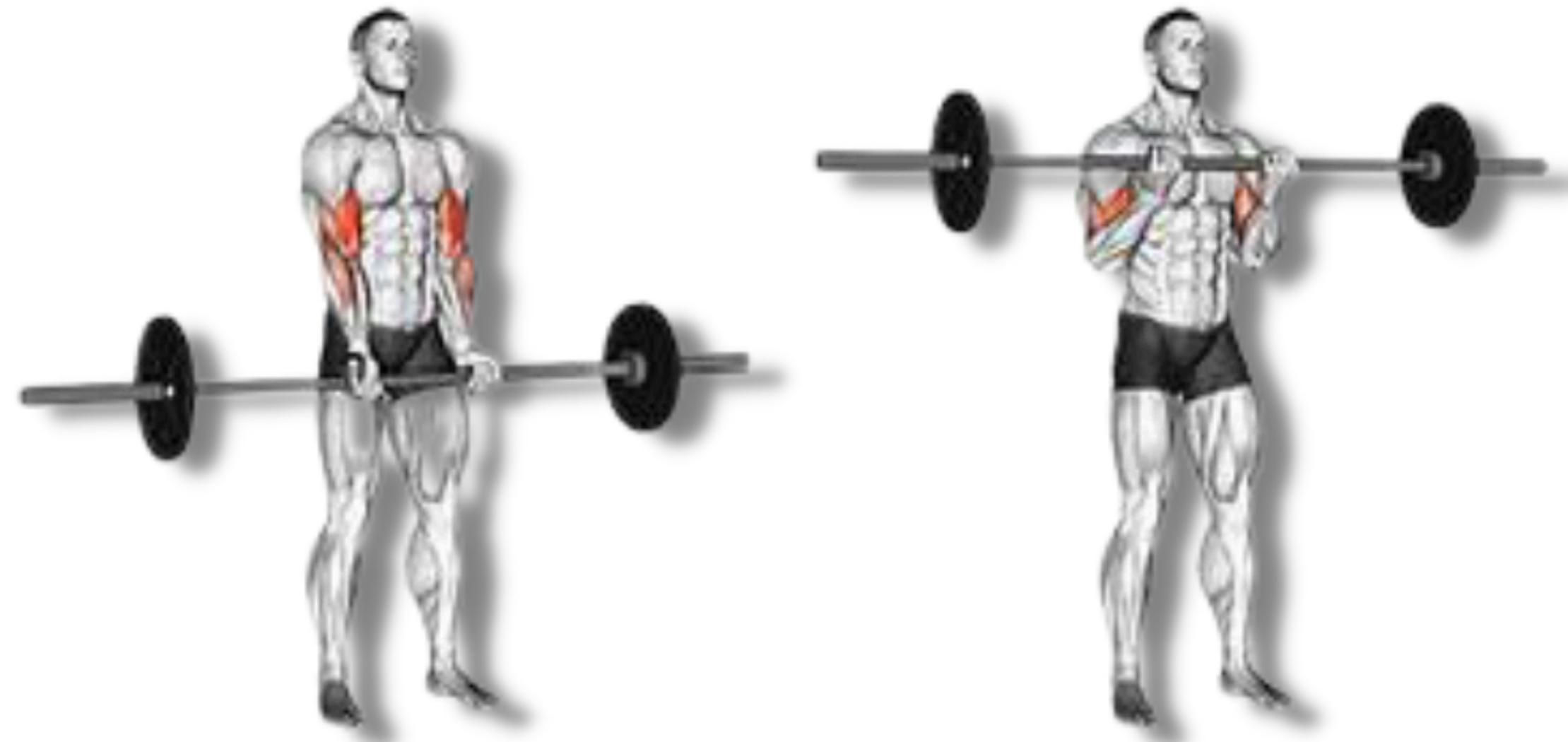
• DUMBBELL ROWS
(3*12-15)



• **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)

