

The background is a dark, abstract geometric shape composed of numerous small triangles, creating a mesh or crystal-like appearance.

XTREME

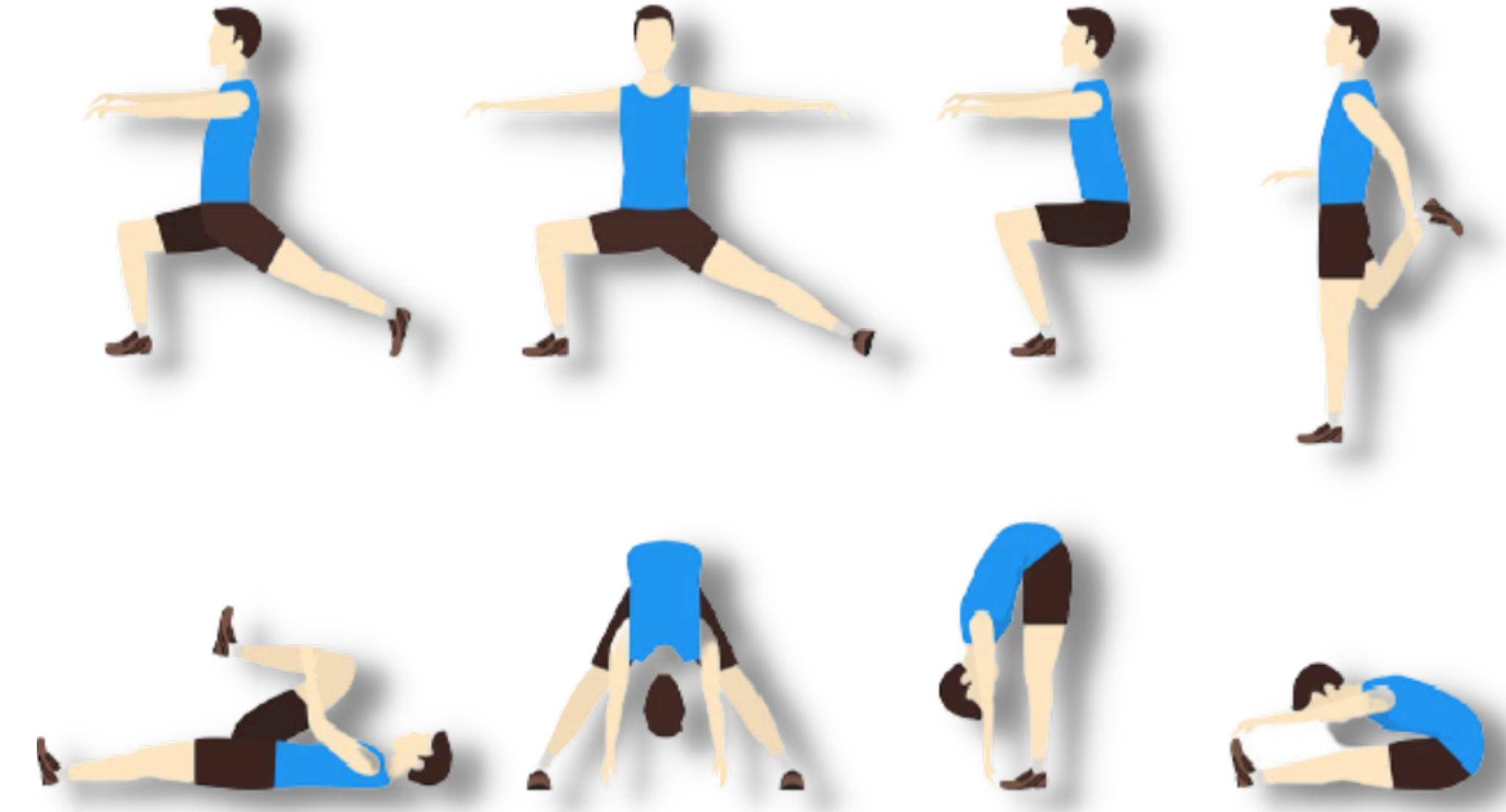
6 - Days split



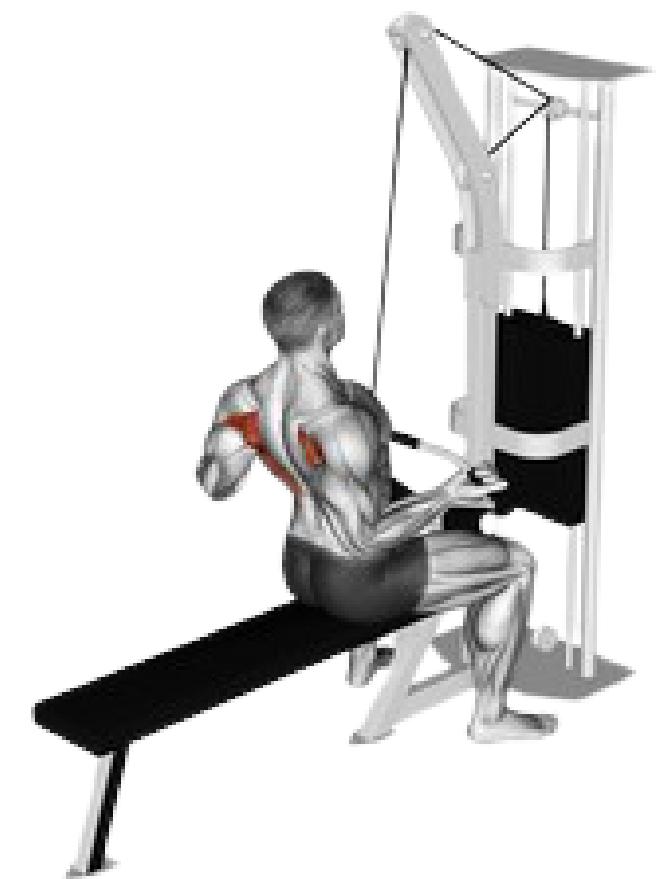
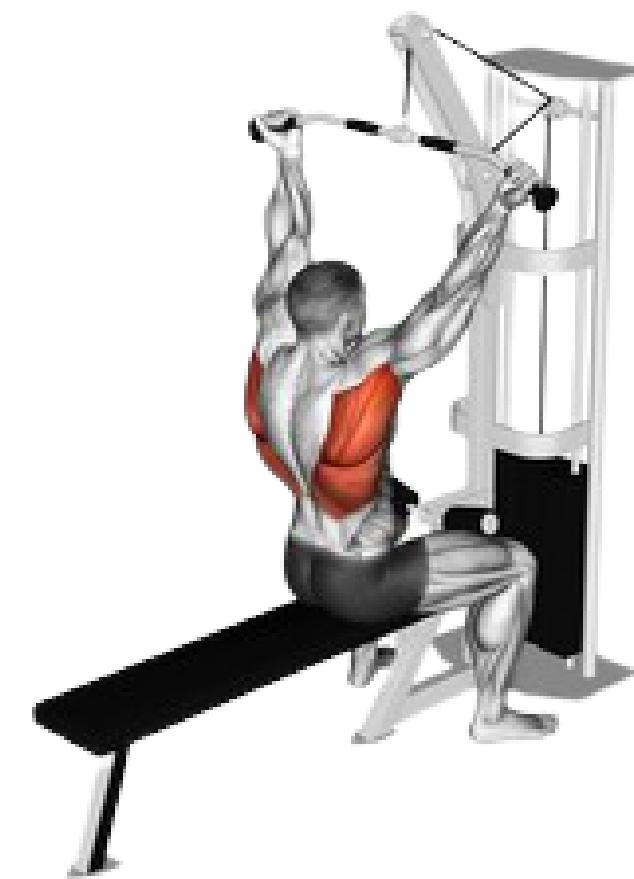
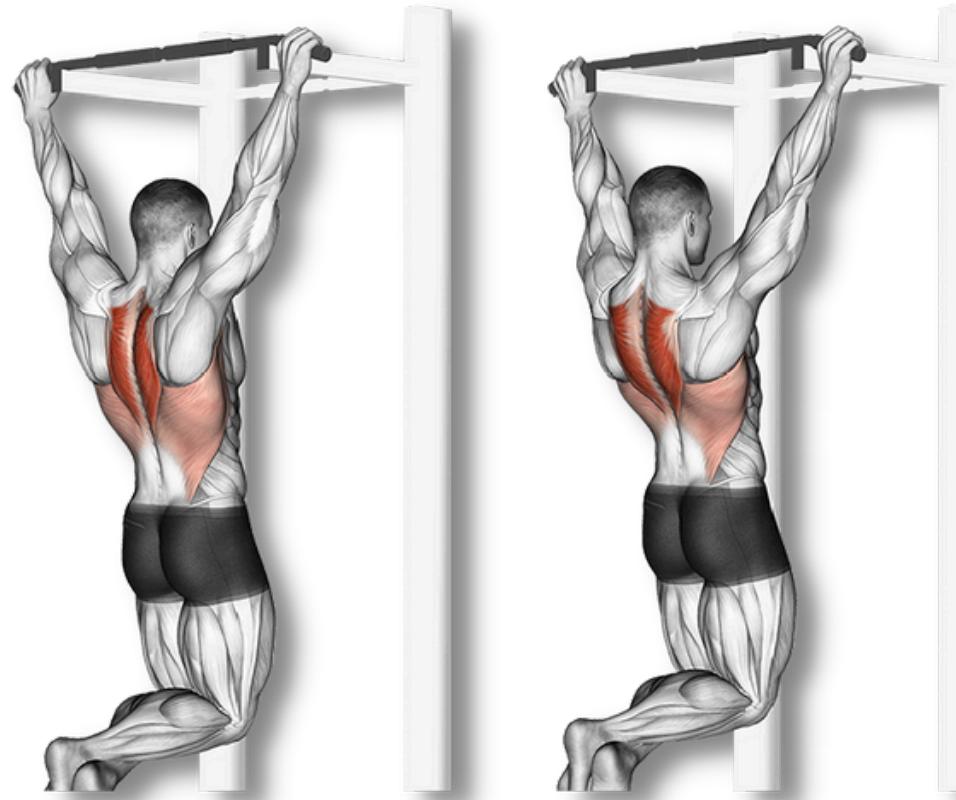
DAY - 2

Pull Day

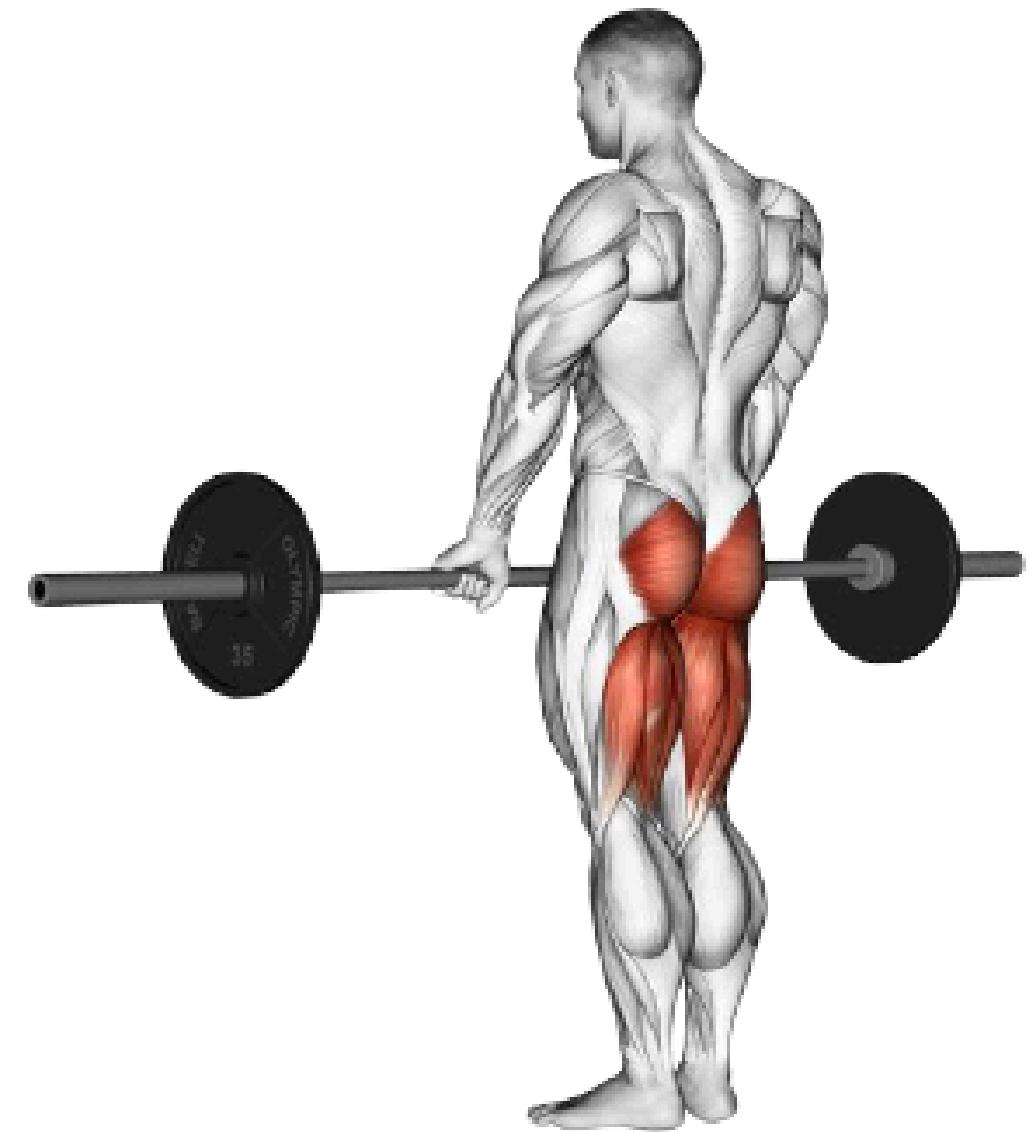
- **DYNAMIC STRETCHES**



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



• DEADLIFT
(3*12-15)



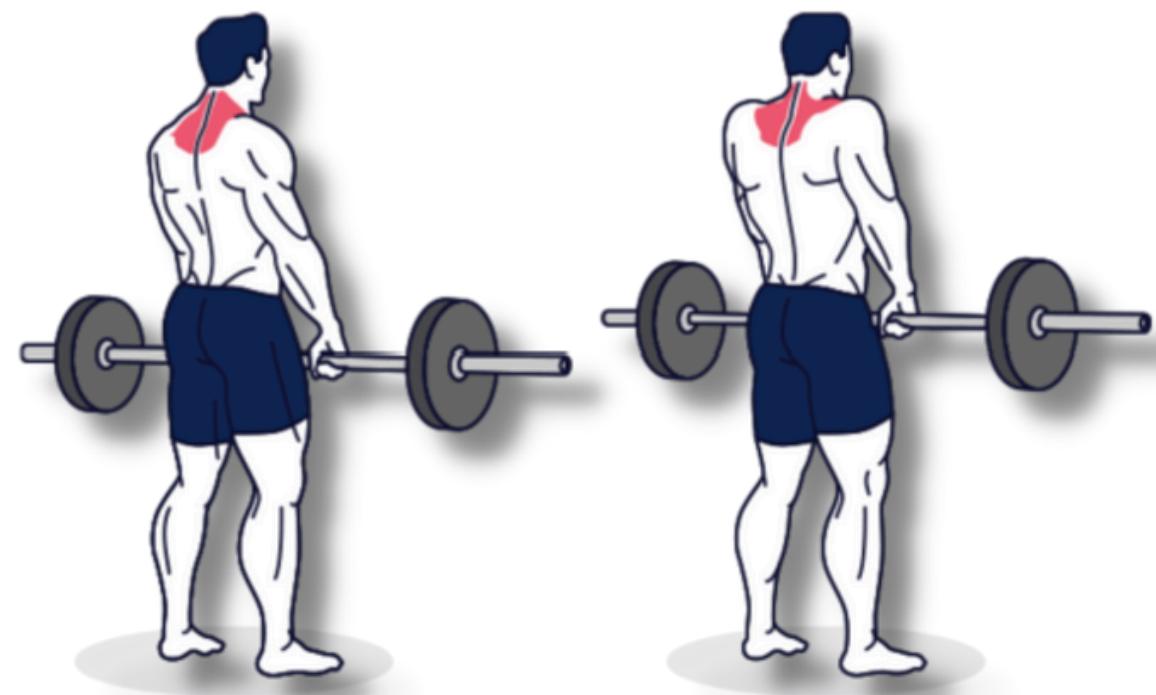
• REVERSE GRIP LAT PULLDOWN
(3*12-15)



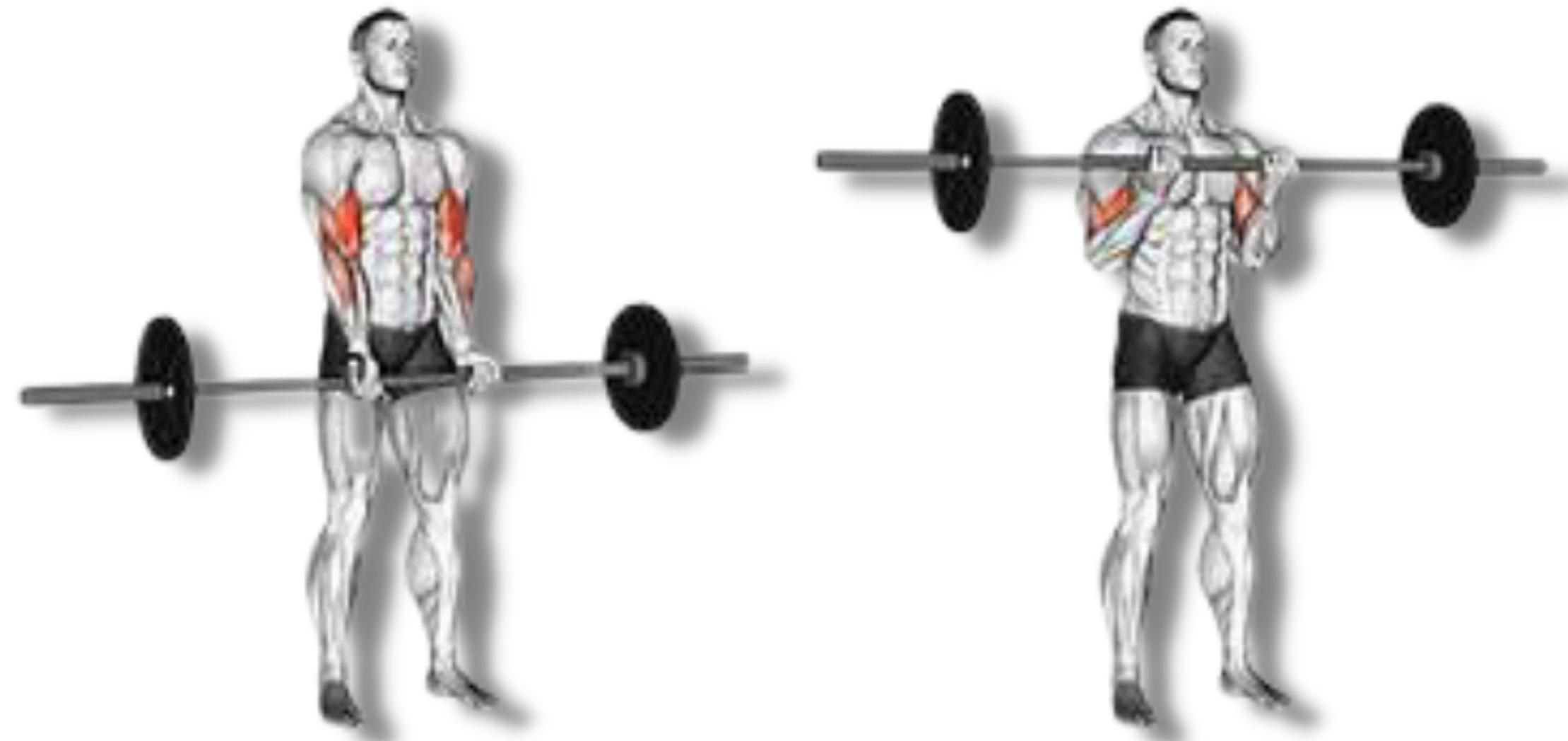
• DUMBBELL ROWS
(3*12-15)



• **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)

