

1.2 Pull

Dismiss

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
Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 17 Jan 2024.

est. 53 minutes

	Jog	1 set x 5 min	👏 Rest 90 sec between sets
	Pull ups	2 sets x 10	👏 Rest 90 sec between sets
	Lat pulldown	3 sets x 10	👏 Rest 90 sec between sets
	Dumbbell Rows	3 sets x 8 each arm	👏 Rest 90 sec between sets




Superset of 3 sets

	Cable rows	10	
	Standing Cable Pullover	max	
	Rest for 90 sec		

↶ Repeat new set

	Machine preacher curl	3 sets x 12	👏 Rest 60 sec between sets
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Superset of 3 sets

	Dumbbell bicep curls	8 each	
	Dumbbell hammer curls	max	
	Rest for 90 sec		









↶ Repeat new set

Jog

- Keep it light
- Goal: Warm up muscles/break a sweat

Pull ups

- Brace core ("preparing for a punch to the stomach")
- Slightly arched lower back
- Aim to pack the shoulders (squeeze shoulder blades back and press shoulders down into back pockets), driving the elbows into back pockets
- Recommended: Tight and slightly outside shoulder width grip on the bar

	<div> <div>Lat pulldown</div> <div>Dismiss</div> <ul style="list-style-type: none"> - Brace core - Lower half of the body locked against leg pads - Feet screwed into the ground - Aim to pack the shoulders while driving the elbows into back pockets - lean slightly back while pulling, careful not to use momentum. - Recommended: Tight and slightly outside shoulder width grip on the bar </div>
	<div> <div>Dumbbell Rows</div> </div>
	<div> <div>Cable rows</div> <ul style="list-style-type: none"> - Brace core ("preparing for a punch to the stomach") - Head packed/chin tucked ("double chin") - Feet screwed into the ground or feet platform - Starting position: Sit upright - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) *Maintain while releasing pulled cable as well </div>
	<div> <div>Standing Cable Pullover</div> <ul style="list-style-type: none"> -Brace core -Feet screwed into the ground -Arms extended, pack the shoulder -Wrists and elbows locked -Hips hinged backwards, lower body locked throughout the entire exercise -While arms locked out in front, drive elbows into back pockets (should feel lat engagement) -Aim to squeeze w/slight hold at the end of the contraction -Slowly release the squeeze to the top position </div>
	<div> <div>Machine preacher curl</div> <ul style="list-style-type: none"> -Brace core -Screw feet into the ground or feet platform -Lock in the lower half of the body -Pack the shoulders (should feel some lat engagement) *Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation </div>
	<div> <div>Dumbbell bicep curls</div> <ul style="list-style-type: none"> -Brace core -Screw feet into the ground -Lock in the lower half of the body -Pack the shoulders *Maintain this through the entire rep to stabilize the shoulder and allow for more bicep isolation </div>
	<div> <ul style="list-style-type: none"> -Tight grip -Drive "through the bicep" -Squeeze at the top w/ a slight hold before releasing -Maintain a slow but still tensed release downward -Aim to have the arms close to full extension at the bottom </div>
	<div> <div>Dumbbell hammer curls</div> <ul style="list-style-type: none"> - Brace core ("preparing for a punch to the stomach") - Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) - Elbows close to the side of the body - Wrists locked and aligned with the forearms - Lift forearms like a lever and squeeze at the top against the biceps </div>

Dismiss

Exercise Name	Set 1		Set 2		Set 3	
Jog	Distance	miles				
	Time	m: s				
	Speed					
	Levels/Incline					
	Calories burnt					
Pull ups	reps x	lbs	reps x	lbs		
Lat pulldown	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Rows	reps x	lbs	reps x	lbs	reps x	lbs
Cable rows	reps x	lbs	reps x	lbs	reps x	lbs
Standing Cable Pullover	reps x	lbs	reps x	lbs	reps x	lbs
Machine preacher curl	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell bicep curls	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell hammer curls	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats