

1.2 Pull

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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



Lat pulldown

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- 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



Dumbbell Rows



Cable rows



- 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
- Aim for a squeeze and slight hold at the end of the pulled back position



Standing Cable Pullover



- 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



Machine preacher curl



- 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
- 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



Dumbbell bicep curls



- 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
- Tight grip
- Elbows close to the body
- 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



Dumbbell hammer curls



- 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

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

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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