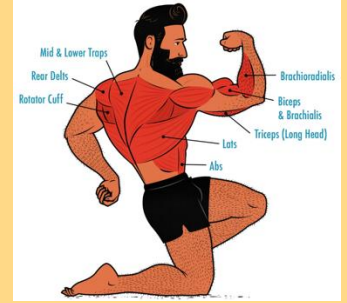


Workout of the Day

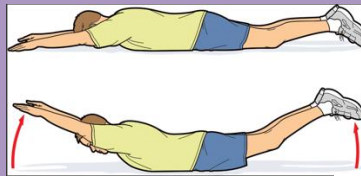
Term of the Day: Pull Day

A day where you focus on exercises that involve “pulling” muscles, which are those shown in the photo



Warmup:

- 2 x 10 supermans
- 2 x 10 inchworms



Main set:

- 3 x 10 bent over row
- 3 x 8 lat pulldown
- 3 x 8 bicep curl
- 3 x 8 barbell row

