

**Pull:**

- Seated Cable Row: 60 lbs
- SA DB Row: 15 lbs
- Lateral Pulldown: 85 lbs
- Rear Delt Fly: 60 lbs
- Straight Arm Extension Rope: 30 lbs
- Back Extension: 25 lbs
- Bicep Curl: 30 lbs

**Other Exercises:**

- TRX Row: 0 lbs