

Sheet1

Lift	Reps
T-Row Machine	10/10/10
BB Biceps Curl	10/10/10
Rope Slams	25/25/25/25
Bent-Over BB Row	10/10/10
Hammer Curl	8/8/8
Assisted BW Dip	15/15/15
Preacher Curl 21's	21/21/21
Lateral Pulldown, Slow Release	15/15/15
KB Squat-Upright Row	10/10/10