

Sheet1

Lift	Reps	Time(s)
Lateral Pulldown	15/15/15/15	
Seated Hammer Strength Rows	45/45/45/45	
Close Grip Pulldown	12/12/12/12	
Seated Individ Arm Cable Rows	10/10/10/10	
Alt. Individ DB Bicep Curls	10/10/10/10	
BB Preacher Curls	12/12/12/12	
Individ Incline DB Curls	8/8/8/8	