**Pull Day**

Set A

|  |  |  |  |
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| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Machine Assisted Pull-ups / Pullups | https://workoutlabs.com/exercise-guide/machine-assisted-pull-ups-pullups/ | Middle Back |
| 2 | Cable Hammer Bicep Curls | https://workoutlabs.com/exercise-guide/cable-hammer-bicep-curls/ | Biceps |
| 3 | Seated Dumbbell Palm-Down Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-dumbbell-palm-down-wrist-curls-forearm-curls/ | Forearms |
| 4 | Bent Over Barbell Rows | https://workoutlabs.com/exercise-guide/bent-over-barbell-rows/ | Lower Back, Middle Back |
| 5 | Seated Dumbbell Bicep Curls | https://workoutlabs.com/exercise-guide/seated-dumbbell-bicep-curls/ | Biceps |

Set B

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Barbell Good Mornings | https://workoutlabs.com/exercise-guide/barbell-good-morning/ | Lower Back |
| 2 | Machine Bicep Preacher / Concentration Curls | https://workoutlabs.com/exercise-guide/machine-bicep-preacher-concentration-curls/ | Biceps |
| 3 | Seated Dumbbell Palm-Up Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-dumbbell-palm-up-wrist-curls-forearm-curls/ | Forearms |
| 4 | Wide-Grip Lat Pulldowns / Pull Downs / Pullovers | https://workoutlabs.com/exercise-guide/wide-grip-lat-pulldowns/ | Lower Back, Middle Back |
| 5 | Standing Dumbbell Bicep Hammer Curls | https://workoutlabs.com/exercise-guide/standing-dumbbell-hammer-curls/ | Biceps |

Set C

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Seated Machine Back Row | https://workoutlabs.com/exercise-guide/seated-machine-back-row/ | Middle Back |
| 2 | Barbell Curls / Standing Biceps Curls | https://workoutlabs.com/exercise-guide/barbell-curls/ | Biceps |
| 3 | Seated Palm-Down Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-palm-down-barbell-wrist-curls/ | Forearms |
| 4 | Dumbbell Incline Bench Rows | https://workoutlabs.com/exercise-guide/dumbbell-incline-rows/ | Lower Back, Middle Back |
| 5 | Overhead Cable Curl / Crucifix Curls | https://workoutlabs.com/exercise-guide/overhead-cable-curls/ | Biceps |

Set D

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| --- | --- | --- | --- |
| **No** | **Exercise** | **Link** | **Primary** |
| 1 | Seated Low Cable Back Rows | https://workoutlabs.com/exercise-guide/seated-low-cable-back-rows/ | Lower Back |
| 2 | EZ-Bar Preacher Curls | https://workoutlabs.com/exercise-guide/ez-bar-preacher-curls/ | Biceps |
| 3 | Seated Palm-Up Wrist Curls / Forearm Curls | https://workoutlabs.com/exercise-guide/seated-palm-up-barbell-wrist-curls/ | Forearms |
| 4 | Single / One Arm Dumbbell Bench Rows | https://workoutlabs.com/exercise-guide/one-arm-dumbbell-rows/ | Lower Back, Upper Back |
| 5 | Standing Bicep Cable Curls | https://workoutlabs.com/exercise-guide/cable-curl/ | Biceps |