



Pull Workout

Lat lashing set

| Code | Exercise Name | Sets | Reps | Note | Sets/Reps/Notes |
|------|-----------------|------|-------|-------------------------|-----------------|
| A1 | Banded pullover | | 8-10 | 2 second hold at side | |
| A2 | DB pullover | | 8-10 | 2 second hold at bottom | |
| A3 | Band row | | 8-10 | 2 second hold at side | |
| A4 | Band high row | | AMRAP | | |

Upper back blast

| Code | Exercise Name | Sets | Reps | Note | Sets/Reps/Notes |
|------|--------------------|------|-------|----------------------|-----------------|
| B1 | 2 arm DB rows | | 8-10 | 2 second hold at top | |
| B2 | Sshrugs | | 8-10 | 2 second hold at top | |
| B3 | DB retraction RDLs | | AMRAP | 2 second hold at top | |

Biceps bomb set

| Code | Exercise Name | Sets | Reps | Note | Sets/Reps/Notes |
|------|------------------------|------|-------|----------------------|-----------------|
| C1 | DB strict wall curls | | 8-10 | 2 second hold at top | |
| C2 | DB wall lean arm curls | | AMRAP | bottom half | |
| C3 | DB pronated curls | | 8-10 | 2 second hold at top | |
| C4 | Band hammer curls | | AMRAP | fast | |

| Code | Exercise Name | Sets | Reps | Note | Sets/Reps/Notes |
|------|----------------------|------|--------|------|-----------------|
| D1 | Kneeling lat stretch | | 30 Sec | | |
| D2 | Biceps stretch | | 30 Sec | | |