

Advanced Trainee

Neutral Grip Pull-Ups: 10 Reps SS Wide Grip Pull-Ups 10 Reps: 60 sec rest: 3 Rounds

Deadlifts: 5 Reps (Heavy): 5:0:1 Tempo (5 sec negative)

SS

Wide Grip Lat Pull Downs: 10 Reps: 4:0:1 Tempo

5 Rounds: 60 sec rest

One Arm DB Rows: 20 Reps: Each Side

SS

Eccentric Pull-Ups: 20:0:1: 2 Reps: (20 sec negative) Keep it super slow

4 Rounds: 60 sec rest

T-Bar Rows (Heavy): 5 Reps: 5:0:5 Tempo (5 sec negative, 5 sec positive)

SS

Reverse Grip Pull Downs 10 Reps: 4:0:1 Tempo

4 Rounds: 60 sec rest

Close Grip Cable Rows: 5x 25 Reps: 30 sec rest

Beginner Trainee

Assisted Neutral Grip Pull-Ups: 8 Reps SS Assisted Wide Grip Pull-Ups 8 Reps: 60 sec rest: 3 Rounds

**Deadlifts: 5 Reps (Heavy): 5:0:1 Tempo (5 sec negative)
SS**

**Wide Grip Lat Pull Downs: 10 Reps: 4:0:1 Tempo
3 Rounds: 60 sec rest**

**One Arm DB Rows: 20 Reps: Each Side
SS**

**Eccentric Pull-Ups: 10:0:1: 2 Reps: (10 sec negative) Keep it super slow
3 Rounds: 60 sec rest *use assistance if needed**

**T-Bar Rows (Heavy): 5 Reps: 5:0:5 Tempo (5 sec negative, 5 sec positive)
SS**

**Reverse Grip Pull Downs 10 Reps: 4:0:1 Tempo
3 Rounds: 60 sec rest**

Close Grip Cable Rows: 2x 20 Reps: 30 sec rest