

Advanced Trainee

Neutral Grip Pull-Ups

5x12: 30 Second Rest Between Each Round

BB Bentover Rows (Reverse Grip):

15/12/8/6/4/20: 90 sec rest 6 sets:

Increase weight slightly on each set

Straight Bar Pullovers: 12: 3:0:1 Tempo

SS

Wide Grip Cable Rows: 8 (Heavy): 4:0:1

SS

Reverse Grip Lat Pull-Downs: 12: 3:0:1 Tempo

4 Rounds: 60 sec rest between each set

1-Arm DB Row 10 (Heavy): Each Side

SS

One Arm Cable Row 20: Each Side

5 Rounds: 45 sec rest

T-Bar Rows: 7X14: 40 sec rest

Beginner Trainee

Assisted Neutral Grip Pull-Ups

3x10: 30 Second Rest Between Each Round

BB Bentover Rows (Reverse Grip): 12/8/6/4:

90 sec rest 4 sets: Increase weight slightly on each set

Straight Bar Pullovers: 12: 3:0:1 Tempo

SS

Wide Grip Cable Rows: 8 (Heavy): 4:0:1

SS

Reverse Grip Lat Pull-Downs: 12: 3:0:1 Tempo

3 Rounds: 60 sec rest between each set

1-Arm DB Row 10 (Heavy): Each Side

SS

One Arm Cable Row 20: Each Side

4 Rounds: 45 sec rest

T-Bar Rows: 4X14: 40 sec rest