



Lat Pulldown

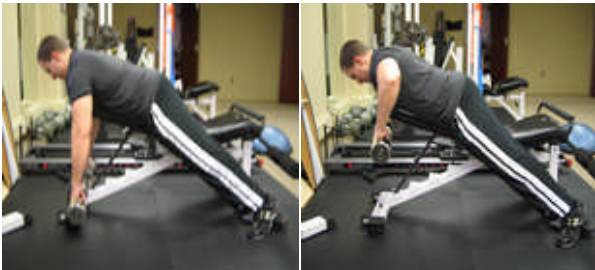
Grasp lat bar at outer most bend with overhand grip. Bring lat bar to upper chest by pulling the upper arms and shoulder blades downward and slightly back. Maintain the natural curve of the back. Do not go much wider than shoulder width.

Notes:

- S.T.
- G.F.
- A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Wide Grip Belly Row

Lay on incline bench with chin off and arms at sides. Bring dumbbells upward keeping elbows parallel with the shoulders. Return to start

Notes:

- ST
- GF

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Bent Over Rows - Barbell

Standing holding bar with a wide grip. Bend at the hips to lower bar down in front of legs. Maintain braced core and neutral spinal alignment. Pull bar up toward the chest squeezing through the mid back. Avoid shrugging the shoulders to assist the movement. Lower with control and repeat rowing motion.

Notes:

- AT
- GF
- FT
- GF

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Modified Pull up

Grip bar with both hands using an overhand grip, keeping heels on floor and abdominals tight. Relax arms and drop down, pull body back up so chest is almost touching bar and repeat.

Notes:

All Except Power Training

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

