

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

PULL DAY | BACK BICEPS

* Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.

* AMAP = As many as possible

No	Exercise	Sets	Reps
01	Dumbbell Row	03	6-8
02	Pull Ups	03	6-8
03	Back Extensions	03	6-8
04	Hammer Curls	03	6-8
05	Barbell Curls	03	6-8

TRAINING, NUTRITION & SUPPLEMENT NOTES:
