

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.
- * **Tip:** [Supinate](#) the wrists when performing the dumbbell bicep curls for a awesome muscle contraction.

* AMAP = As many as possible

No	Exercise	Sets	Reps
01	Underhand Lat Pulldown	03	6-8
OR	Close Grip Barbell Row	03	6-8
02	Single Arm Dumbbell Row	03	6-8
03	Barbell Deadlift	03	6-8
04	Alternating Bicep Curls	03	6-8
05	Preacher Curls	03	6-8

TRAINING, NUTRITION & SUPPLEMENT NOTES:
