



PULL

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Deadlift	3	2	All sets done with 92.5% of 1 Rep Max
B1 chest supported tbar rows	3	6-8	
C1 single arm pull down	3	6-8	
D1 rope pull over	3	12-15	
Superset			
D2 forward lean machine lat row	3	12-15	
F1 tbar rows	2	8-10	
Superset			
F2 tbar RDLs*	2	AMRAP	don't take hands off handles or set the weight down between F1 and F2
G1 BFR biceps	4	30	

PUMP WORK Y SWING DELT DEATH

Complete as giant set.

A1 Y-raise	3	20	3 rounds, 2-3 rounds, 60 seconds rest between rounds
A2 DB rear delts	3	15-20	3 rounds, 2-3 rounds, 60 seconds rest between rounds
A3 DB rear delt swings	3	15-20	3 rounds, 2-3 rounds, 60 seconds rest between rounds

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