



PULL

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Single Arm Cable pulldown	3	6-8	
B1 Chest Supported Tbar row	2	6-8	
C1 Chest supported machine Row	2	6-8	
D1 Low back extensions	2	6-8	
Superset			
D2 reverse pec dec	3	10-12	
E1 Single arm preacher curls	3	6-8	
F1 Incline Cable Curls	3	6-8	
G1 Ab Mat Crunches (body weight)	2	AMRAP	

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