



MONDAY - SESSION

A

**1) BENT DUMBBELL
ROW**

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

**2) WIDE GRIP SEATED
CABLE ROW**

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) LAT PULLDOWN

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

4) BACK EXTENSION

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____