



MONDAY - SESSION

B

1) SEATED CABLE ROW

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 10 repetitions

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

**2) REVERSE GRIP
SEATED ROW**

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

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

**3) WIDE GRIP PULL UP
OR GRAVITRON**

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

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

4) DUMBBELL DEADLIFT

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 ____