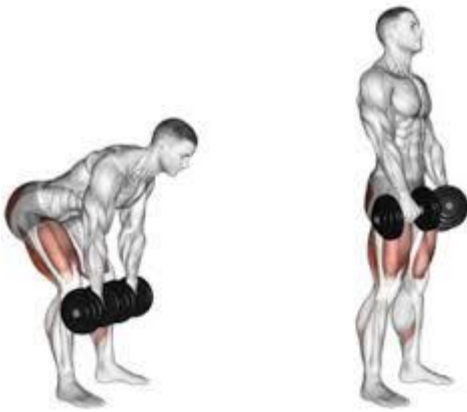




# PULL

Complete 10 reps of each exercise; 2-3 sets of each superset  
Rest 1-2 min. between supersets before moving on.

1a) Deadlift



1b) Pull-Over – can use bench, stability ball or on the floor



2a) Hamstring Curl – can use a small towel under your feet instead of a stability ball to slide across the floor



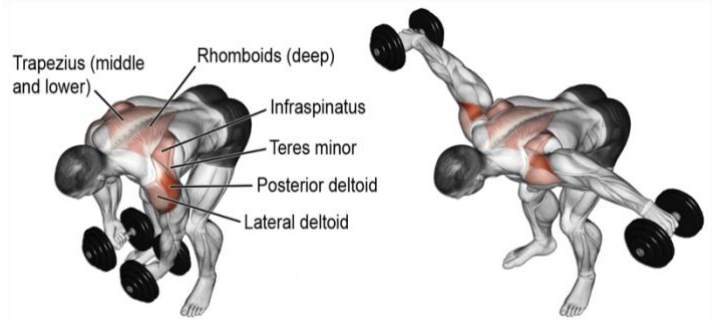
2b) Reverse Grip Bent-Over Row – palms facing forward



3a) Upright Row



3b) Bent-Over Flye



4a) Concentration Curl



4b) Woodchop

