

BACK & ARMS

	<u>EXERCISE</u>	<u>REPS</u>	<u>SETS</u>	<u>REST TIME</u>	<u>TEMPO</u> To be introduced after (3) weeks
1	PULL UPS/CHIN UPS	5-8	4	75 (seconds between sets)	-
2	DB BENCH ROW	10-12	4	60 secs	-
3	DB BICEP CURL	10-12	3	75 secs	-
4	TRICEPS EXTENSION – Can be DB/Cable or Barbell	10	3	60 secs	-
5	DB HAMMER CURL	10	3	60 secs	-
6	CABLE MACHINE FACE PULLS/HIGH TRAP ROW	10	4	60 secs	-
7	DB PULLOVERS	12	4	75 secs	-