

WEEK 1

PULL DAY

Lats/Back

DB Incline Bench Rows: 3 x 8

- Bench should be inclined 45 degrees

Single Arm DB Rows: 3 x 8 (each side)

- Start with arm and shoulder completely relaxed
- Elbow should move all the way back using lats and not arms
- Feel for lats activating

Lat Pulldowns (Machine): 4 x 10

- Make sure your body doesn't lean back when pulling down

Biceps

No biceps

Misc

Back Extensions: 3 x 8 - 10

- Once comfortable with exercise you can hold weight at chest or overhead
- Watch for any back pain

Pull-ups: 3 x 3 - 10

- Amount will vary on ability
- If need be, use a machine that allows assisted pull-ups