

WEEK 2
UPPER BODY DAY

Lat Pulldowns (Cable Machine): 4 x 8 – 12

- Cable should be set at or above your head
- Body should be leaning forward with elbows slightly bend outward
- Should mimic FL pull
- Powerful pull down, controlled ascent back up

DB Bench Press: 3 x 4 – 8

- Elbows should be bending in, not out to focus chest/lats instead of shoulders

DB Chest Flies: 3 x 6 – 8

- Elbows should be slightly bent
- Don't overdo the weight = save shoulders

Tricep Cable Extensions: 3 x 10 – 15

- Elbows should be locked onto sides of body

DB Shoulder Press: 3 x 6 – 10