

Exercise

Base Prescription

Day 1:

Day 2:

Day 3:

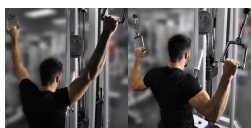
Seated Supinated Row



Hammer grip neutral

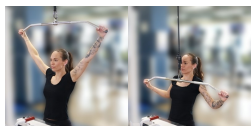
| Set | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions |
|------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 135.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 2 | 135.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 3 | 135.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 4 | 135.0 | 10 | | | | | | |

Cable Lat Pulldown with individual handles with Cable Machine



| Set | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions |
|------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 180.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 2 | 180.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 3 | 180.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 4 | 180.0 | 10 | | | | | | |

Lat Pull Down (Large Grip) with Cable Machine



| Set | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions |
|------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 135.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 2 | 1135.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 3 | 135.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 4 | 135.0 | 10 | | | | | | |

One-Arm Bent Over Row (neutral grip) with Dumbbell



| Set | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions | Wgt (lbs) | Repetitions |
|------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|
| 1 | 60.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 2 | 60.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 3 | 60.0 | 10 | | | | | | |
| Rest | | 30 | | | | | | |
| 4 | 60.0 | 10 | | | | | | |