

Equipment:

Cable Station, Straight Bar, Flat Bench, Dumbbells, Squat Rack Setup

Rest Time:

Varies based on the exercise - In general no more than 45-60 seconds

• Workout

• Instruxions

• GYM WORKOUT



Watch

TrackHISTORY

1: 1 1/2 REP DUAL PULLEY PULLDOWNS

SETS: 3

REPS: To Failure

That extra half rep will maximize your time under tension in a big way!



Watch

TrackHISTORY

2 : RACK PULL ROWS

SETS: 3

REPS: 8 Rows / 8 Pulls

Never allow your lower back to lose it's stable arch from the first rep to the last.



Watch

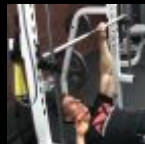
TrackHISTORY

3A : ONE ARM LANDMINE ROWS

SETS: 3

REPS: 12 Each Arm

Conduct the One Arm Landmine Rows for 12 reps on each side, immediately following with One Arm Inverted Rows for 12 reps starting with the same arm, on each side. Fire up your core to prevent your torso from twisting during this exercise.



Watch

TrackHISTORY



3B : ONE ARM INVERTED ROWS

SETS: 3

REPS: 12 Each Arm

Conduct the One Arm Landmine Rows for 12 reps on each side, immediately following with One Arm Inverted Rows for 12 reps starting with the same arm, on each side. Fire up your core to prevent your torso from twisting during this exercise.



Watch

TrackHISTORY

4: DUMBBELL STRETCH PULLOVERS

SETS: 4

REPS: To Failure

Pull with the elbows, not the hands. Make sure to go slow on the way down!

PERFORM IN STRAIGHT SETS (FOR EXERCISES 1, 2, AND 4) MAKING SURE TO CHOOSE WEIGHTS THAT CAUSE YOU TO REACH FATIGUE AT THE PRESCRIBED REP TOTAL