

Course Disc 3 .

MEN _____ Date ____/____/____

1. D.B.2-Arm Pullover x7/ / / /x5/ / /
[Elbows Stay Bent Throughout the Exercise]

2. Lat Pulldown V-Handle x7/ / / /x5/ / /

3. Lat Pulldown Reverse Grip x8/ / / / /

4. Hammer PlateLoad Row x8/ / / x5/ / /
Or Seat Selectorized Row

5. Top deadlift Smith Mach x8/ / / x5/ / /

6. Tricep Cable 2-Arm Extension x8/ / / / /
(Standing Leaning Forward)
Medium Grip Hand Spacing
Choose Handle to Comfort

7. Bicep D.B. 1-Arm Scott Curl x8/ / / / /
(Seated)[Turning]