



REP
EST. 2012

PULL DAY

**FOR SIZE AND
STRENGTH**



EXERCISE	SETS	REPITIONS	REST (MIN)	NOTES
DEADLIFT	3	8	2-3	<ul style="list-style-type: none">• Maintain a neutral spine.
LAT-PULLDOWN	3	10	1-2	<ul style="list-style-type: none">• Drive through your elbows.
BENT-OVER ROW	3	10	1-2	<ul style="list-style-type: none">• Brace your core and glutes.
TRAP RAISES	3	12	1	<ul style="list-style-type: none">• Bring your shoulders to your ears.
BICEP CURL	3	10	1	<ul style="list-style-type: none">• Do not swing the weight. Be slow and controlled.
HAMMER CURL	3	10	1	<ul style="list-style-type: none">• Keep your elbows tucked.

PULL FORM

BENT OVER ROW



- Drive your elbows behind you without flaring out.
- Tuck your elbows close to your torso.
- Brace your core and glutes to stabilize your spine.
- Use a Hip-Hinge

DEADLIFT



- Feet are hip to shoulder-width apart.
- Maintaining a neutral-spine, grip the bar outside of your knees.
- Drag the bar up without letting the knees cave in or spine round

LAT-PULLDOWN



- Use a pronated grip that is wider than shoulder-width.
- Focus on driving your elbows to the floor using your lats.
- Touch your chest each rep.
- Control the ascent slowly

PULL FORM

DB TRAP RAISE



- Raise your shoulders to your ears.
- Do not round your spine or shoulders forward.
- Brace your abs and glutes and take a neutral grip.

DB BICEP CURL



- Focus on controlling the weight without swinging.
- Keep your elbows pinned to your body.
- Slow the downward phase of the movement to maintain tension.

DB HAMMER CURL



- Use a neutral grip with your thumb up.
- Bring the dumbbells up to touch your shoulder.
- Keep your elbow tucked to your torso.