

UPPER BODY PULL DAY

A typical pull day workout consists of upper body exercises that utilizes a pulling motion. They primarily engage the biceps, forearms, and back muscles. These muscles are extremely important for posture and mobility.

Perform (a.) exercise for 1 set then move on to (b.) exercise, repeat for the rest of the sets given.

EXERCISE	REPS	SETS	COMMENTS
1a. Dumbbell Bent Over Row	12 - 15	3	<ul style="list-style-type: none">• Keep a supinated grip• Spine is kept in a neutral position through entire movement
1b. Kettlebell Upright Row	15	3	<ul style="list-style-type: none">• Make sure to keep a straight position between elbows and wrists• Keep kettlebell to underneath the chin
2a. Lat Pull Down	10 - 12	4	<ul style="list-style-type: none">• Keep chest tall/bring your chest to the bar• Squeeze your lats, think of pulling from your armpits• Lower to your chin or just below
2b. Renegade Dumbbell Row	10 (each arm)	4	<ul style="list-style-type: none">• Drive arms through the body to the side of rib cage, elbow pointing up• Stiffen entire body, keeping core tight for stability
3a. Dumbbell Bicep Curl	12 – 15	3	<ul style="list-style-type: none">• Elbows should be resting at your side tucked tight to waist• Do not let people swing when performing the movement• Pronated grip, palms facing away from your body
3b. Dumbbell Hammer Curl	12 - 15	3	<ul style="list-style-type: none">• Same coaching points as Bicep Curls• Neutral grip, palms facing each other
4a. Assisted Pull Ups	AMRAP	4	<ul style="list-style-type: none">• Keep your abs engaged, spine neutral and shoulders pressed down and back• As many reps as possible

