



TEST ACCOUNT

TUESDAY - OCT. 5, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Wall angels 3x10 Stir the pot 3x10 Pull ups to fail							
A Chest supported rows		6		6		6		6
	80%		80%		80%		80%	
A Chest supported rows		6		6		6		6
	70%		70%		70%		70%	
B Alternating grip pull up		6		6		6		6
	80%		80%		80%		80%	
	Use dip belt to add weight if needed							
B Alternating grip pull up		6		6		6		6
	70%		70%		70%		70%	
	Use dip belt to add weight if needed							
C Rack pull		6		6		6		6
	80%		80%		80%		80%	
C Rack pull		6		6		6		6
	70%		70%		70%		70%	
D Long lat pull		6		6		6		6
	80%		80%		80%		80%	
D Long lat pull		6		6		6		6
	70%		70%		70%		70%	
E Sled Row		6		6		6		6
	80%		80%		80%		80%	
E Sled Row		6		6		6		6
	70%		70%		70%		70%	
Windscreen wipers		10		10		10		
TRX stretch variations	TRX stretch variations: Back & Shoulders - Lean back, chest parallel to floor, head through arms + twist to stretch lats Chest & Shoulders - Lean forward, open arms to a 'T' stretch chest							