

# PULL WORKOUT 4



Warm up	Exercises	Duration
Warm Up Sets	2 very light sets of the first exercise for 15-20 reps, rest only 45-60s between the sets, then some light stretches on that body part.	N/A

**NOTE:** Rest no longer than 60-90s between sets unless stated, use the percentages given to determine how close to failure you should be whilst using that weight. Adjust if percentage is not met.

Exercise & Video	Sets	Reps	Rep Info				Notes
Bent Over Row	4	10-12	12	12	10	10	Rest 90s and maybe more if your struggling to hit the rep range
			85%	87%	90%	95%	
One Arm Rows	3	10-12 each arm	12	12	10		Rest 90s and maybe more if your struggling to hit the rep range
			85%	87%	90%		
Lat Pulldown	3	10-12	12	12	10		Rest 60s
			85%	87%	90%		
Straight Arm Pulldown	4	10-12	12	12	10	10	Rest 90s and maybe more if your struggling to hit the rep range
			85%	87%	90%	95%	
Cable back squeeze	4	15-20	20	15	15	15	Rest 60s
			85%	87%	90%	95%	

# WORKOUT INFORMATION



## Training Plan

Try to complete all exercises to your best ability! Push yourself during each workout.

## Weight Selection and Percentages

Your weight selection is down to you, in this plan you'll see I've listed percentages under each set. This is how much towards failure you should be.

Think of 80% as 8/10 difficulty, 90% as 9/10 and 100% as 10/10 difficulty where you can't do any more reps! (Failure)

## Workout Video Demonstration

Don't know an exercise? Simply click on the movement your not sure on, and you will be directed to a video of me showing you that exercise



# GLOSSARY



## **Reps**

This is an abbreviation of the word repetitions. Reps are the number of contractions or complete movements of said exercise you should perform; i.e. 10 reps of squats.

## **Sets**

This refers to the number of times you should complete the designated amount of reps for said exercise- with the allotted rest between sets.

## **Tempo**

This refers to the pace you should perform each rep. It represents each part of a lifting phase. For example - 2 seconds lowering the weight: 1 second holding the weight and 1 second pushing the weight back up. This would be written as 2:1:1

## **Superset**

After doing the first exercise, you go straight into the second exercise without ANY REST! after you have performed the second exercise you rest for the amount of time depending on what's stated. This counts as 1 set!

## **Drop Sets**

A drop set is when you finish the last set of an exercise, you will lower the weight and push out as many reps as possible to failure. This can be done as a single, double or triple drop set.

## **Failure**

Perform an exercise for as many reps as it takes until you cannot do any more.