

# PULL DAY

# UPPER BODY

BACK, BICEPS, DELTS

01

BACK

## Pull Ups

Using a multi-grip pull up bar, squeeze back as you lift from a stationary position; pause lower & repeat.

Reps: 12-15

02

BACK

## Bent Over Dumbbell Row

Using a flat bench or jump box, pull dumbbells from floor to your side; connect and pause near hip; lower & repeat.

Reps: 12-15

03

BACK

## Seated Wide Grip Row

Using a neutral/middle position back pulley, pull a wide grip bar to lower chest; pause extend & repeat.

Reps: 12-15

04

DELTS

## Rear Cable Cross-over

Standing up using variable double pulley heights, pull the opposing handles behind you; pause & repeat.

Reps: 12-15

05

BICEPS

## Barbell Bicep Curl

Standing or seated upright, curl dumbbells up as you exhale; connect and pause Lower & repeat.

Reps: 12-15

06

BICEPS

## Rope Hammer Curl

Standing upright using a low pulley, bring rope to make a 90° angle; pause lower & repeat.

Reps: 12-15

Repeat above exercise sequence for 3-5 rounds.

Want to push a little harder? Finish up with your favorite ab routine or a 20-30 minute brisk walk, jog or run.

Be sure to hydrate throughout and take rests between sets as needed.

**Uprise**  
ELEVATE YOURSELF