

Pull Day + Abs

Do each colored group back to back, then rest 60-90 sec

Deadlift, lats, biceps + abs finisher

WARM-UP

Rowing Machine

Steady pace, sit tall.

1 set, 5 min easy

Stretching

Seated hamstring stretch.

1 set

Easy Jog

Light jog to wake up the hips.

1 set, short out-and-back

PULL-UPS

Pull Up

Band or assisted machine as needed. Full hang, chin over bar.

3 x 8-10

SUPERSET 1: DEADLIFT + LATS

Deadlift (Barbell)

Bar over mid-foot, flat back, push the floor away. Build to a strong top set.

5 x 5

Lat Pulldown (Cable)

Pull to the upper chest, no swinging.

5 x 5

SUPERSET 2: ARMS + ROW

Preacher Curl (Machine)

Slow lowering, do not swing.

3 x 10

Seated Cable Row (Bar Grip)

Chest tall, squeeze shoulder blades together.

1-3 x 8-10

BICEPS

Seated Incline Curl (Dumbbell)

Let the arms hang fully at the bottom.

1-3 x 8-10

ABS FINISHER

Hanging Knee Raise

Start at 15. No swinging, curl the pelvis up.

2 x 15-25

Lying 6-Inch Leg Raises

Low back pressed flat, legs hover about 6 inches.

2 x 10-15

Crunch

Lift shoulder blades only, exhale at the top.

1 x 20

NOTES

- Leave 1-2 reps in the tank on every set. Add load when the last 2 reps feel easy.
- Dumbbell weights are per hand. Band-assist pull-ups until you own the reps.
- Keep the deadlift spine position identical from set 1 to set 5.

General fitness guidance. Not medical advice.