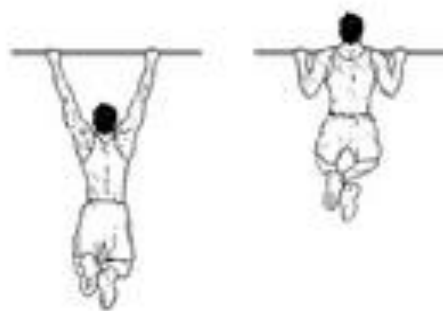


# PRINTABLE WORKOUT

## Back



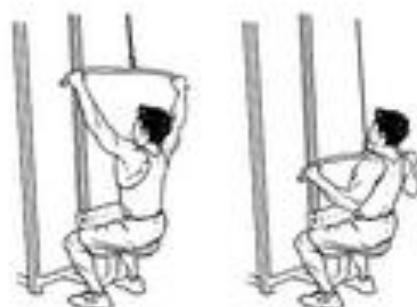
Pull-up  
4 sets



One-Arm Dumbbell Row  
4 sets / 12 reps



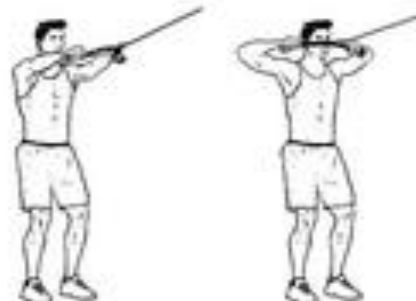
Seated / Low Cable Row  
3 sets / 12 reps



Wide-Grip Lat Pulldown  
3 sets / 12 reps



Straight Arm Pulldown  
3 sets / 12 reps



Face Pull / Rear Delt Pull  
3 sets / 12 reps