

Day 10 - Pull Circuit



Pre-workout Feelings

How did you sleep last night?

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? _____/10

Do you feel tightness/soreness anywhere? _____

RESISTANCE

Exercise	Sets	Reps	Equipment	Record your Intensity	Rest
Close Grip Lat Pulldown	4	10	Lat pull w/ D-ring attachment		none
Seated Cable Row	4	10	Seated Row w/ D-ring		45 sec
Single Arm Pull w/ twist	4	10	cable machine w/ adjustable arms		none
Single Arm Low Cable Row	4	10	cable machine w/ adjustable arms		45 sec

CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

NOTES
