



TRAINING PLAN

PULL DAY

Day 2

Warm up -

-Cardio treadmill 20 minutes.

Control intensity accordingly to your level.

- As a beginner you can choose normal walk
- If you are an intermediate.

You can make the splits like - 4-1 x 4 (4 minutes normal walk and 1 minute medium intensity running)

- If you are an advanced level person. you can go with 2-1 X 5 or 2-1 x 6.

I will be going with 2-1x5 pattern.

UPPER BODY WARMUP

- Banded rotator cuff warm-up.
- Banded biceps curls.
- Banded chest squeeze
- banded triceps push down

EXERCISE 1 CABLE FLYES

Set 1 - Warm up 9-12-15 reps)

Set 2 – Medium intensity and developing muscle and mind connection. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

- If you are at advanced level you can make Set 3 a drop set and the rep range will be (8 reps heavy weight and next 6-8 reps at 50-60 % of starting weight) Alternate exercise: machine pec dec

EXERCISE 2 DB BICIPES CURLS

Set 1 - Warm up (12-15 reps)

Set 2 – Medium intensity. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

EXERCISE 3 CHEST SUPPORTED ROW

Set 1 - Medium intensity (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

Alternate exercise: seated rowing

EXERCISE 4 DB SHRUGS

Set 1 - Low intensity (15 reps)

Set 2 – Medium intensity (15 reps)

Set 3 – High intensity (12 reps)

STRETCHING POST WORKOUT

- EXPERT ADVICE BY DR. SOM
- Importance of warmups before workouts