



TRAINING PLAN- DAY 5

PULL DAY

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 BICEP CABLE CURLS

- Set 1 - Warm up (12-15 reps)
- Set 2 – Medium intensity. (12-15 reps)
- Set 3 – High intensity. (10-12 reps)

EXERCISE 2 CABLE FLY OR PEC FLY

- Set 1 - Warm up (12-15 reps)
- Set 2 – Medium intensity (12-15 reps)
- Set 3 – High intensity. (10-12 reps)

EXERCISE 3 LATS PULL DOWN

- Set 1 - Medium intensity (12-15 reps)
- Set 2 – Medium intensity (12-15 reps)
- Set 3 – High intensity (10-12 reps)

EXERCISE 4 UPRIGHT ROWS

- Set 1 – Medium intensity (15 reps)
- Set 2 – Medium intensity (15 reps)
- Set 3 – Medium intensity (12 reps)