



WORKSHEET

BACK TRAPS DELTS BICEPS

Day/Week

		Round 1			Round 2		
CABLE STYLE PULL DOWNS	Reps R _____	Band L M H MOB		Reps R _____	Band L M H MOB		
CABLE STYLE SEATED ROWS	Reps R _____	Band L M H MOB		Reps R _____	Band L M H MOB		
SHRUGS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
REVERSE FLYS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
BICEP CURLS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
HAMMER CURLS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	

NOTES

Foot Position WMN1 = Wide, Medium, Narrow, 1 Foot - Band LMHMOB = Light, Medium, Heavy, Massive Orange Band

