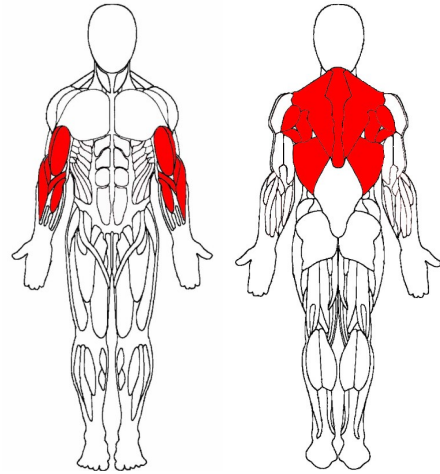


EXERCISES

- 01** Smith Machine Inverted Pull Ups
- 02** Smith Machine Shrugs
- 03** DB One Arm Rows
- 04** Assisted Pull Ups
- 05** Seated Reverse Flyes
- 06** DB Hammer Curls
- 07** Preacher Curls

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Beginner
- Sets** 2-3
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 70-80% 1RM / 6-7 RPE
- Freq** 2X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** Pin-selectors, Dumbbells

NOTES

- Read all machines instructions before exercising
- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.



ROUTINE # 073: Back, Neck, Biceps / Intermediate



Smith Machine Inverted Pull Ups



Smith Machine Shrugs



DB One Arm Rows



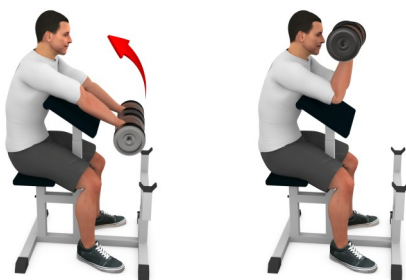
Assisted Pull Ups



Seated Reverse Flyes



DB Hammer Curls



Preacher Curls

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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ROUTINE # 073

Frequency: 1-3 wk **Reps:** 8-12
Duration: 8-12 wks **Rest:** 1-2 minutes
Sets: 2-6 **Load:** 70-80% 1RM / 6-7 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Smith Machine Inverted Pull Ups															
Smith Machine Shrugs															
DB One Arm Rows															
Assisted Pull Ups															
Seated Reverse Flyes															
DB Hammer Curls															
Preacher Curls															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Smith Machine Inverted Pull Ups															
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Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
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