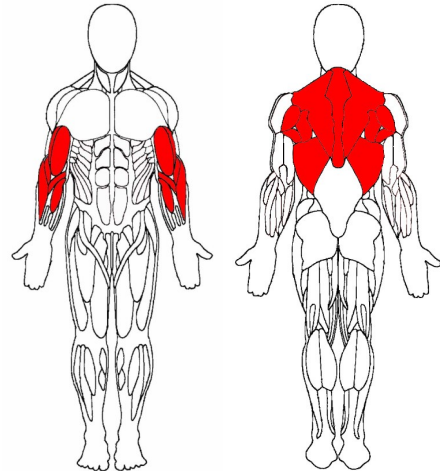


EXERCISES

- 01** Pull Ups
- 02** Dead Hang
- 03** Assisted Pull Ups
- 04** Negative Pull Ups
- 05** Smith Machine Inverted Pull Ups

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Intermediate
- Sets** 2-6
- 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

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 # 075: Back, Neck, Biceps / Intermediate



Pull Ups



Dead Hang



Assisted Pull Ups



Negative Pull Ups



Smith Machine Inverted Pull Ups



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

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ROUTINE # 075

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
Pull Ups															
Dead Hang															
Assisted Pull Ups															
Negative Pull Ups															
Smith Machine Inverted Pull Ups															

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
Pull Ups															
Dead Hang															
Assisted Pull Ups															
Negative Pull Ups															
Smith Machine Inverted Pull Ups															

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
Pull Ups															
Dead Hang															
Assisted Pull Ups															
Negative Pull Ups															
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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
Pull Ups															
Dead Hang															
Assisted Pull Ups															
Negative Pull Ups															
Smith Machine Inverted Pull Ups															

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