

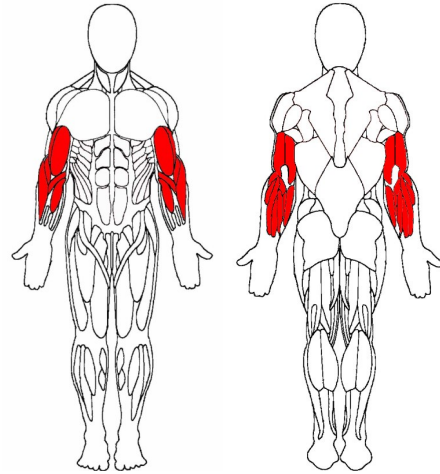
## EXERCISES

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- 01** Assisted Pull Ups
- 02** Dead Hang
- 03** Dips
- 04** DB Triceps Kickback
- 05** DB Hammer Curls
- 06** DB Wrist Curls

## TARGET MUSCLES

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## DETAILS

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

## NOTES

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- Can be done at home
- For Assisted Pull Ups, you may need resistance bands
- For Dead Hang. Use a timer
- Modify any exercise based on your ability

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



Assisted Pull Ups



Dead Hang



Dips



DB Triceps Kickback



DB Hammer Curls



DB Wrist Curls



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# ROUTINE # 091

Frequency: 2 wk    Reps: 8-12  
Duration: 8-12 wks    Rest: 1-2 minutes  
Sets: 2-3    Load: 6-7 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Assisted Pull Ups									
Dead Hang									
Dips									
DB Triceps Kickback									
DB Hammer Curls									
DB Wrist Curls									

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