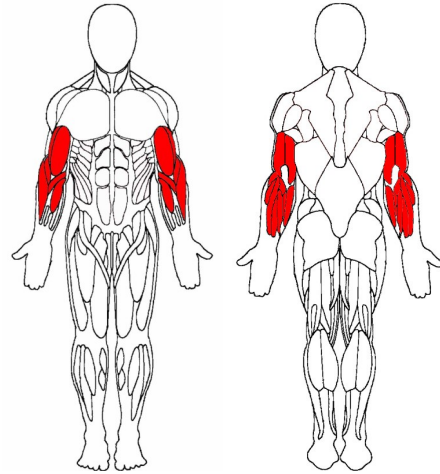


EXERCISES

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

TARGET MUSCLES



DETAILS

- Goal** Muscular Endurance
- Level** Beginner
- Sets** 3-4
- Reps** 15-25+
- Rest** 30-45 seconds
- Load** 4-7 RPE
- Freq** 2-3X Week
- Prog** WP+10%
- Dur** 4-8 weeks
- Equip** Dumbbells

NOTES

- 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

MORE INFO



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



ROUTINE # 092

Frequency: 2-3 wk Reps: 15-25+
 Duration: 4-8 wks Rest: 30-45 seconds
 Sets: 3-4 Load: 4-7 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Assisted Pull Ups											
Dead Hang											
Dips											
DB Triceps Kickback											
DB Hammer Curls											
DB Wrist Curls											

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Assisted Pull Ups											
Dead Hang											
Dips											
DB Triceps Kickback											
DB Hammer Curls											
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Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Assisted Pull Ups											
Dead Hang											
Dips											
DB Triceps Kickback											
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Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Assisted Pull Ups											
Dead Hang											
Dips											
DB Triceps Kickback											
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DB Wrist Curls											