

- Neutral grip pull ups - 4x6-8
(Mandatory 1 min break)
 - High to low - Rows
3 sets of 10 reps - 30 #
(30-60 sec break)
 - Single Arm Lat pull down
3 sets of 10 reps @ 30 #
(30-60 sec break)
 - EZ curls - machine
3 sets of 12 reps @ 40 #
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Core - crunches - 3x10

cable twists - 3x15 (each)