

UPPER BODY PULL DAY

BACK & BI'S | GFG LIFTS

3 Supersets + Switchback Finisher | Back · Biceps · Core | Dumbbells



■ 30 MIN	■ ~205 CAL	■ PULL DAY	■ DUMBBELLS
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FORMAT

- Supersets: 3 rounds · 40s work / 20s rest
- Rest after supersets: 30s / 60s / 30s
- Finisher: 2 rounds · 30s work / 15s rest
- Round 2 of the finisher runs in reverse

PENNY'S WEIGHTS

2 x 5kg / 10.5 lbs 2 x 8kg / 17.5 lbs
2 x 10kg / 22 lbs 2 x 15kg / 32 lbs

WARM UP

1. Arm Swings 2. Shoulder Rolls 3. Good Morning to Reach 4. Forward Fold Rolls

SUPERSETS | 3 Rounds x 40s / 20s | Rest: 30s after SS1 · 60s after SS2 · 30s after SS3

EXERCISE	ROUND 1 · MY WEIGHT	ROUND 2 · MY WEIGHT	ROUND 3 · MY WEIGHT
1a RDL			
1b X Body Curl			
2a Alt Arm Bentover Row			
2b Hammer Curl			
3a Reverse Fly			
3b 2 DB Pullover			

UPPER & CORE SWITCHBACK FINISHER | 2 Rounds x 30s / 15s | Round 2 in reverse

ROUND 1	MY WEIGHT / DONE	ROUND 2 (reverse)	MY WEIGHT / DONE
1. Renegade Row		5. DB Wood-chop	
2. Leg Lowers	☐ Done	4. Plank DB Pull Through	
3. DB Bent Knee Sit-up		3. DB Bent Knee Sit-up	
4. Plank DB Pull Through		2. Leg Lowers	☐ Done
5. DB Wood-chop		1. Renegade Row	

Workout Complete - Burn ~205 Calories

NOTES