



Close Pulldown Back



- 1 - Kneel on the floor holding the handles using a close grip with your arms extended straight overhead.
 - 2 - Pull the handles down in front to the sides of your chest.
- Straighten your arms, returning the handles to the top position, going through a full range of motion.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Curl Biceps



- 1 - Stand upright holding the handles with your arms straight in front and your palms facing out
 - 2 - Raise the handles up to shoulder height, bending at the elbows.
- Do not turn at the wrists, finish with your palms facing back.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

External Rotation Shoulders



- 1 - Stand upright holding tubing handle in one hand across your mid-section with your elbow bent at 90 degrees and your upper arm against your body.
 - 2 - Pull the handle out and away from your body, keeping your elbow at 90 degrees and your upper arm against your side.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			