

# Drop SET TRAINING Pulling Workout

Name \_\_\_\_\_

**Instructions:** Choose your workout type. Perform a drop set workout by taking each set to failure then decreasing your next set by 5-10%.

<b>Circle ONE</b> <b>Mass or Tone</b> 70%+ 45%+	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
<b>Back Row</b>  <b>1RM</b> _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
<b>Lat Pull-down</b>  <b>1RM</b> _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
<b>Biceps Curl</b>  <b>10RM</b> _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
<b>Upright Row</b>  <b>10RM</b> _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
<b>Reverse Fly</b>  <b>10RM</b> _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
<b>Deltoid Rotation</b>  <b>1RM</b> _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
_____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
_____	___ x _____ Weight: _-_- -_- -_-	___ x _____ Weight: _-_- -_- -_-	___ x _____ Weight: _-_- -_- -_-	___ x _____ Weight: _-_- -_- -_-
<b>Instructor signature</b>				

**Core Training:** Treat all core training like tone and definition Training

<b>Exercises:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
<b>Core: Decline</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Plank</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Curl</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Abs Machine</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Instructor signature</b>					