

# Pyramid TRAINING Pull Workout

Name \_\_\_\_\_

**Instructions:** Choose your workout type. Perform a pyramid set workout by taking each set to From high repetitions lower weight then **increasing** your next set weight by 5-10% and **decreasing** your repetitions.

Circle ONE Mass or Tone 70%+ 45%+	Date:	Date:	Date:	Date:
Back Row 1RM _____	4 x (12-10),10-8), (8-6), (6-Failure) Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Lat Pull-down 1RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Biceps Curl 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Upright Row 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Chest Fly 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Reverse Fly 10RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Deltoid Rotation 1RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
_____ 1RM _____	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-	4 x _____ Weight: _-_- -_- -_-
Instructor signature				

**Note:**

- If you are training for Definition/Tone/Weight loss you sets should be 4 x (25-20), (20-15) , (15-10), (10-failure)
- If you do not reach muscle fatigue on your 4<sup>th</sup> set, do an addition 5<sup>th</sup> set to totally break down the muscles.