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SUPERHUMAN DEVELOPMENT

DAY 2: POWER PULL DAY

Power Back:

Perform each set with the most challenging weight you can handle.

Deadlifts: 5 sets: 8/5/3/1/8 3:0:1 Tempo 90 sec rest

***Increase weight throughout each set than go back to the starting weight on the last final set**

Barbell Bent Over Rows (Reverse Grip)

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One Arm DB Rows

5 sets of 5: 3:0:1 Tempo: 60 sec rest

Wide Grip Lat Pull Downs: 3 sets of 8: 3:0:1 Tempo 60 sec rest

Power Biceps:

EZ Barbell Curls (Standard Grip): 5 sets of 5: 3:0:1 Tempo 60 sec rest

Incline DB Curls: 5 sets of 5: 3:0:1 Tempo 60 sec rest

Hammer DB Curls: 3 sets of 8: 3:0:1 Tempo 60 sec rest