

Week 1		Week 1	
Pull #1		Pull #2	
Strict Pull-ups or Banded Pull-ups	3 x 5 reps	Strict Pull-ups or Banded Pull-ups	3 x 5 reps
1-Arm Dumbbell Rows	4 x 8 reps/arm	Wide-Grip Lat Pulldowns to Chin	3 x 12 reps
		Alternating DB Hammer Curls	3 x 8 reps/arm
Week 2			
Pull #1		Pull #2	
Strict Pull-ups or Banded Pull-ups	3 x 4 reps	Strict Pull-ups or Banded Pull-ups	3 x 4 reps
Bonus Pull-up Set <i>with another band for extra help</i>	1 x 8 reps	Straight-Arm Pulldowns	3 x 15 reps
Bent-Over Barbell Rows	10, 8, 8, 6, 6	Seated DB Zottman Curls	3 x 10 reps
Week 3			
Pull #1		Pull #2	
Strict Pull-ups or Banded Pull-ups	4 x 3 reps	Strict Pull-ups or Banded Pull-ups	4 x 3 reps
Bonus Pull-up Set <i>with another band for extra help</i>	1 x 6 reps	Seated Cable Rows	3 x 8 reps
1-Arm Dumbbell Rows	4 x 8 reps/arm	Barbell Curls	3 x 8 reps
Week 4			
Pull #1		Pull #2	
Strict Pull-ups or Banded Pull-ups	4 x 5 reps	Strict Pull-ups or Banded Pull-ups	4 x 5 reps
Prone DB Rows Facing Bench	4 x 8 reps	Straight-Arm Pulldowns	3 x 15 reps
		Alternating DB Hammer Curls	3 x 8 reps/arm
Week 5			
Pull #1		Pull #2	
Strict Pull-ups or Banded Pull-ups	4 x 4 reps	Strict Pull-ups or Banded Pull-ups	4 x 5 reps
Bonus Pull-up Set <i>with another band for extra help</i>	1 x 8 reps	Close-Grip Lat Pulldowns with Neutral Grip to Chest	3 x 10 reps
Bent-Over Barbell Rows	10, 8, 8, 6, 6	Seated DB Zottman Curls	3 x 10 reps
Week 6			
Pull #1		Pull #2	
Strict Pull-ups or Banded Pull-ups	5 x 3 reps	Strict Pull-ups or Banded Pull-ups	5 x 3 reps
Bonus Pull-up Set <i>with another band for extra help</i>	1 x 6 reps	Seated Cable Rows	4 x 8 reps
1-Arm DB Rows	4 x 8 reps/arm	Barbell Curls	10, 8, 8, 6