

# Pull Home Workout

2-Arm Row/Bicep Curl/Alternating T Stand

- 2-Arm Row 10 repetitions
- Bicep Curls 15 repetitions
- Alt T Stand 10 repetitions (total)
- 2-Arm Row 10 repetitions
- Bicep Curls 15 repetitions
- Alt T Stand 10 repetitions
- 2-Arm Row 10 repetitions
- Bicep Curls 15 repetitions
- Alt T Stand 10 repetitions

2-Arm Row



Bicep Curls



Alternating T Stand



Seated Row/Alternating Plank Row/DB Reverse Curl

- Seated Row 15 repetitions
- Alt Plank Row 10 repetitions (total)
- DB Rev Curl 10 repetitions
- Seated Row 15 repetitions
- Alt Plank Row 10 repetitions (total)
- DB Rev Curl 10 repetitions
- Seated Row 15 repetitions
- Alt Plank Row 10 repetitions (total)
- DB Rev Curl 10 repetitions

Shoulder Press Lateral Arm Raise



Alternating Plank Row

