



1 - REVERSE GRIP LAT PULLDOWN

SETS

3

REPETITIONS

8

Maximum weight.



2 - WIDE GRIP LAT PULLDOWN + PULLOVER IN THE PULLEY

SETS

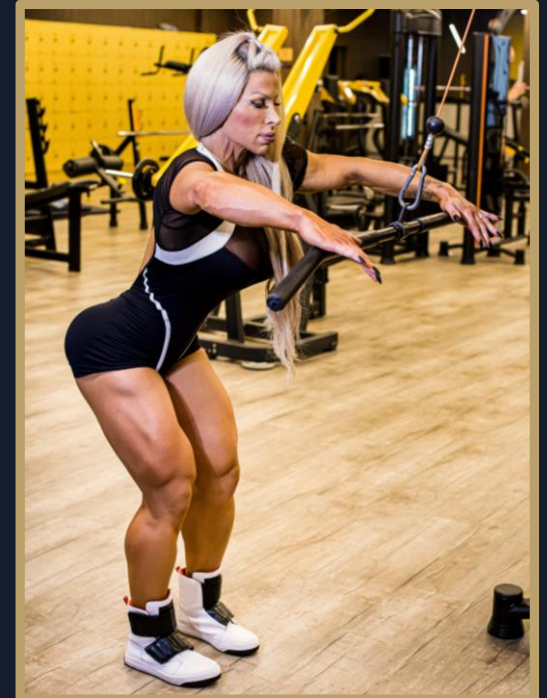
3

Biset.

REPETITIONS

10+10

Wide Grip Lat Pulldown – Normal execution.
Pullover in the Pulley– Normal execution.





3 - ONE ARM PULLOVER MACHINE

SETS

3

REPETITIONS

15

Normal execution.



4 - DOWN ROW (TRIANGLE)

SETS

3

REPETIÇÕES

10

Holding 3 seconds at the end of the movement.

