

Workout Summary: 10-Jan-12

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cable seated low row

Set 1, 66 kg for 8 reps
Set 2, 79 kg for 8 reps
Set 3, 93 kg for 7 reps
Set 4, 100 kg for 5 reps



cable triceps pushdown

Set 1, 68 kg for 10 reps
Set 2, 91 kg for 10 reps
Set 3, 91 kg for 8 reps
Set 4, 68 kg for 12 reps



dead lift

Set 1, 60 kg for 8 reps
Set 2, 80 kg for 8 reps
Set 3, 90 kg for 8 reps
Set 4, 90 kg for 8 reps



lat pulldown

Set 1, 66 kg for 8 reps
Set 2, 73 kg for 8 reps
Set 3, 79 kg for 8 reps
Set 4, 79 kg for 5 reps



barbell bent-over row

Set 1, 30 kg for 8 reps
Set 2, 50 kg for 8 reps
Set 3, 60 kg for 8 reps
Set 4, 70 kg for 8 reps