

	Exercise	Sets	Reps
A	Chin-Up *	4	8-10
B1	Incline Barbell Bench Press *	3	8-10
B2	Single-Arm Dumbbell Row *	3	8-10
C1	Seated Overhead Press	3	8-10
C2	Seated Cable Row	3	8-10
D	Pallof Press	2	10

\* Drop Set. After you complete the last rep of the last set, rest for 15 seconds, reduce the load by 30-50%, and try to match the amount of reps with the new weight.