



PULL A WORKOUT

6-DAY PPL SERIES (2 OF 6)

Pull A: The First Siege

Back, biceps, and rear delts have never been touched this week. Today we declare war on weakness. Every rep is a message to the rest of the program: we came to dominate. No prisoners. No mercy. This is how Spartans open the fight.

| EXERCISE | SET | REPS | BODYWEIGHT OPTION | EASIER Beginner / Beat-up | HARDER Advanced Spartan Mode |
|-----------------------------|-----|-------------------|----------------------------|------------------------------|------------------------------------|
| Double KB/DB Deadlift | 4 | 5–7 | Bodyweight Good Morning | Light Band Deadlift | Deficit + 3-sec Pause |
| Lat Pulldown (wide grip) | 4 | 8–10 | Inverted Rows | Band Pulldowns | Weighted Pull- Ups |
| Chest-Supported DB Row | 4 | 8–10 | Inverted Row | Single-Arm Band Row | T-Bar or Meadows Row |
| Single-Arm KB Row | 3 | 10–12/arm | Plank Bird-Dog Row | Kneeling Row | Row + Push-Up Combo |
| Rear Delt DB/KB Flyes | 3 | 12–15 | Band Rear Delt Fly | Face Pulls | Superset + Drop Set |
| DB Hammer Curls | 3 | 10–12 | Band Curls | Slow Negatives | 21s or Drag Curls |
| Reverse Crunch | 3 | 12–15 | Bodyweight Crunches | Feet on Floor | Hanging Leg Raises |
| Pallof Press | 3 | 20–30 sec/side | Band Anti-Rotation Hold | Partial Range | Weighted + Slow Iso |