

**GENXSPARTAN**

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
Palloff Press	3	20–30 sec/side	Band Anti-Rotation Hold	Partial Range	Weighted + Slow Iso