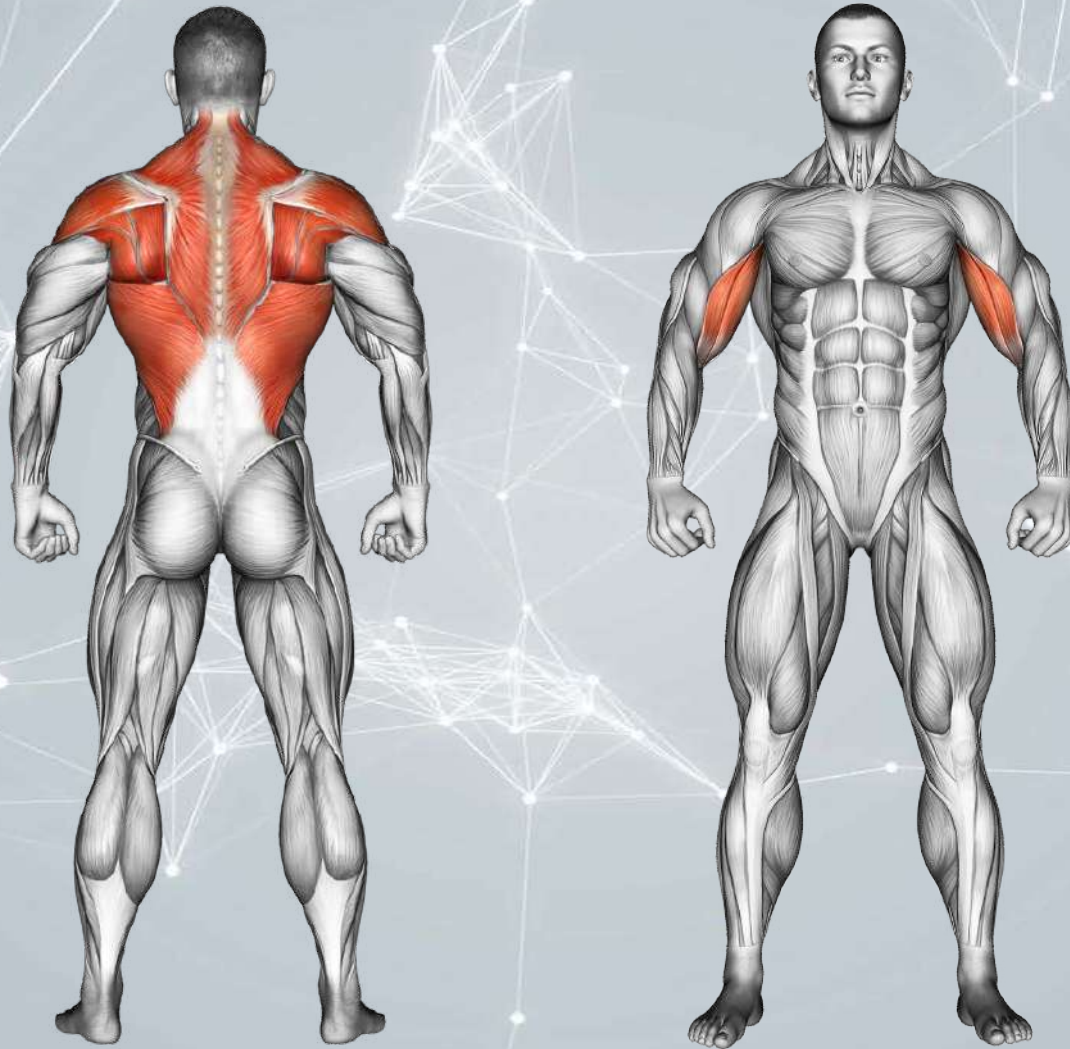


BUILT WITH SCIENCE™

PULL WORKOUT PDF



*A COMPLETE SCIENCE-BASED WORKOUT
DESIGNED FOR MASSIVE BACK AND BICEPS GROWTH*

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THE PUSH PULL LEGS ROUTINE

This push pull legs routine consists of 6 training days per week. The pull workout featured in this PDF can be used for one of your “pull” days during the week and will focus on targeting your upper body pulling muscles (back, biceps, and rear delts). The “push” and “legs” workouts will be provided in separate PDFs.

Monday – Push Workout

Tuesday – Pull Workout

Wednesday – Legs Workout

Thursday – Rest

Friday – Push Workout

Saturday – Pull Workout

Sunday – Legs Workout

Monday – Rest

Tuesday - Repeat

The exact days don't matter for your workouts, but the key is to get at least one rest day in between each consecutive 3 workouts. Abs and calves exercises can be thrown into the main workouts as well, or performed on rest days.

THE PULL WORKOUT GUIDELINES

THE PULL WORKOUT

Exercise	Sets	Reps	Rest (min)
Pull-Ups OR Kneeling Lat Pulldowns	3-4	6-10 10-15	2-2.5
Barbell Row	3-4	10-15	2-2.5
Reverse Grip Lat Pulldowns	3-4	8-12	2
Chest Supported Rear Delt Row	3-4	10-15	2
Narrow Grip Barbell Curl	2-3	8-12	1.5-2
Kneeling Face Pulls	2	10-15	1.5
Lying Face Pulls	2	10-15	1.5

**Beginner/novice lifters should stay on the lower end of the volume requirements whereas more experienced lifters can opt for the higher recommendation of sets for some/all of the exercises.*

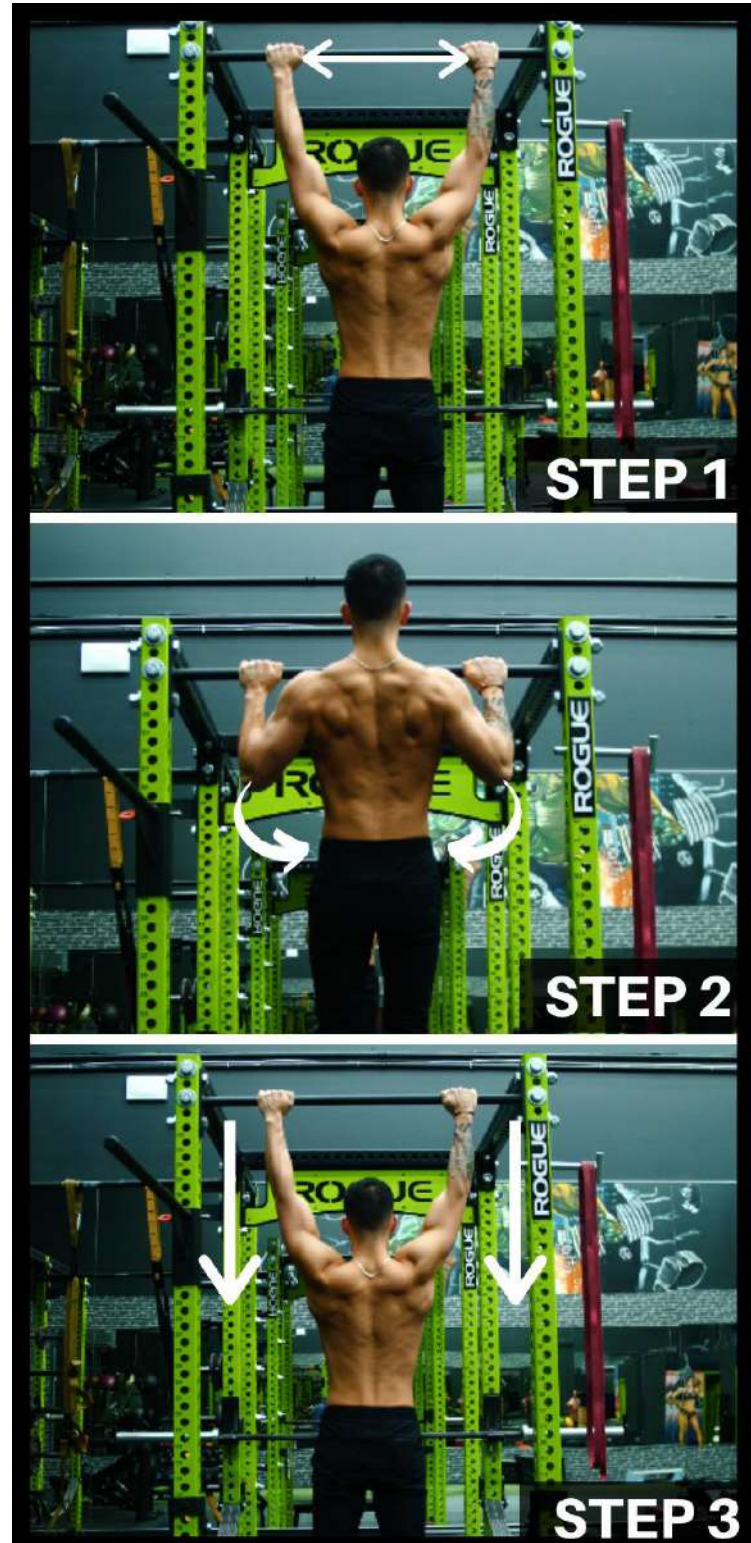
PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 1 (OPTION-1): PULL-UPS

Step 1 (Setup): Grab the pull-up bar with an overhand grip slightly wider than shoulder-width – I'd suggest using a "thumbless grip" as it usually helps better activate the back.

Step 2 (Pull): Pull yourself up by pulling your elbows down to the floor, you want to think about pulling with your elbows as opposed to pulling with your hands. It's preferred to keep your feet straight down throughout the pull-up, but if your pull-up bar doesn't allow this then it's perfectly fine to cross your feet over and bend your knees.

Step 3 (Descent): Lower your body in a controlled manner until your arms are straight, and then repeat for another rep. As soon as you're able to perform 8-10 or more bodyweight pull-ups in one set, I'd suggest adding a little bit of weight by either using a weight belt or holding a dumbbell between your feet then continue adding more weight overtime.



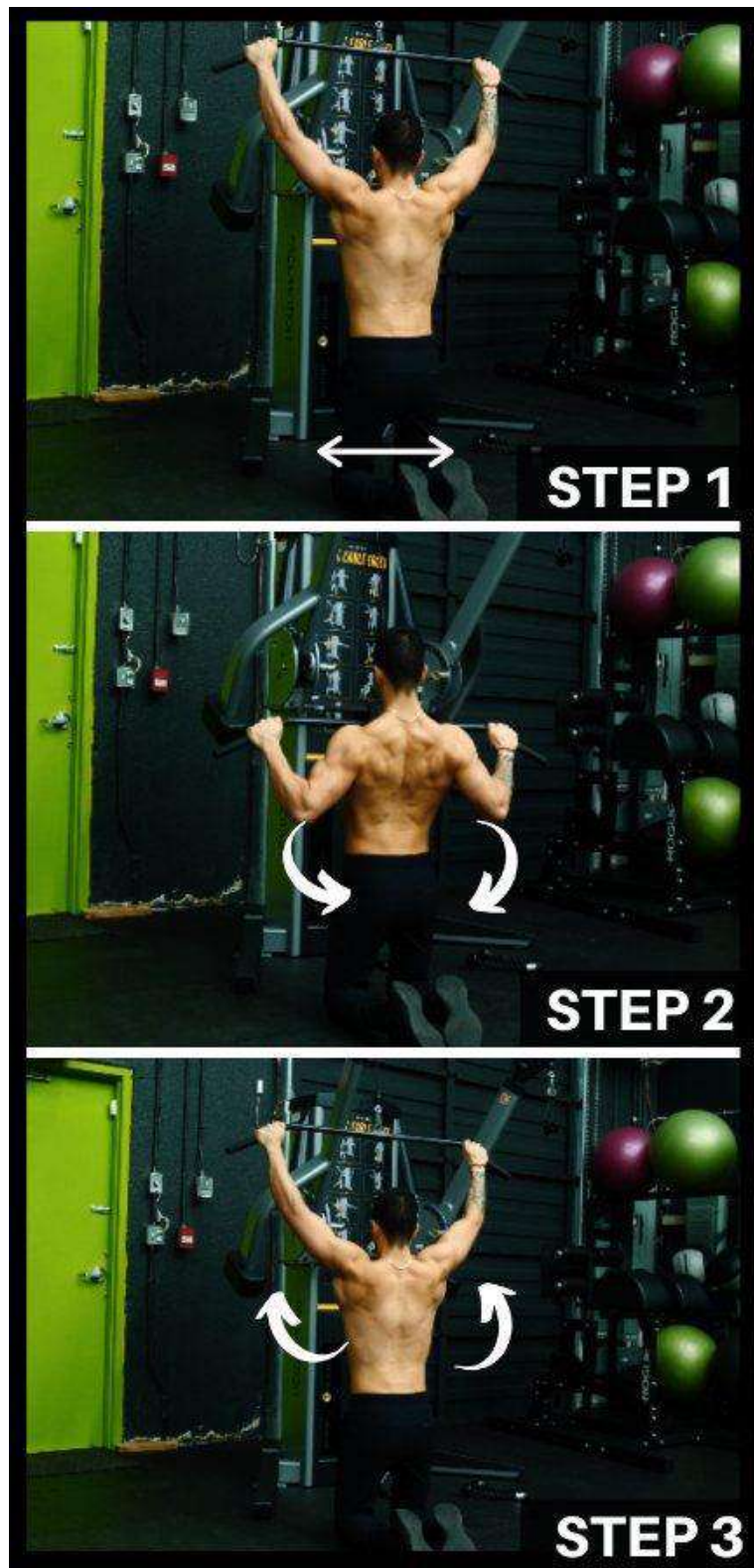
PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 1 (OPTION 2): KNEELING AT LAT PULLDOWNS

Step 1 (Setup): Attach a lat pulldown handle to a cable system. Grab it with an overhand grip slightly wider than shoulder-width, then kneel on the ground.

Step 2 (Pull): Engage your core before pulling, and then by using your lats pull the weight down until the bar reaches under your chin. Think about pulling down with the elbows and trying to “tuck your elbows into your back pockets” to best engage the lats.

Step 3 (Return): Return back to the starting position by slowly controlling the weight back up.



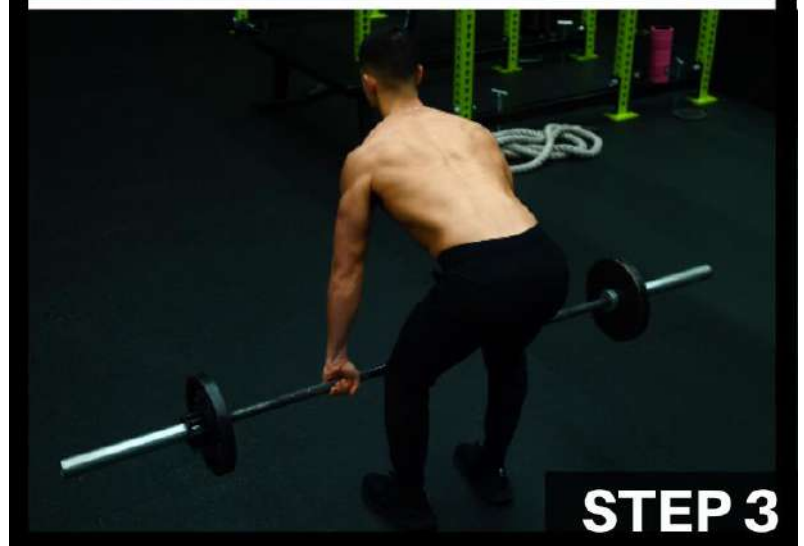
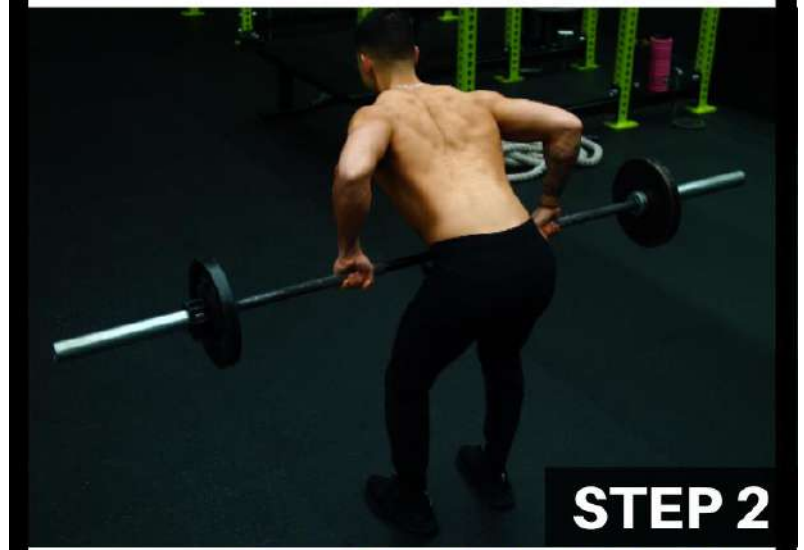
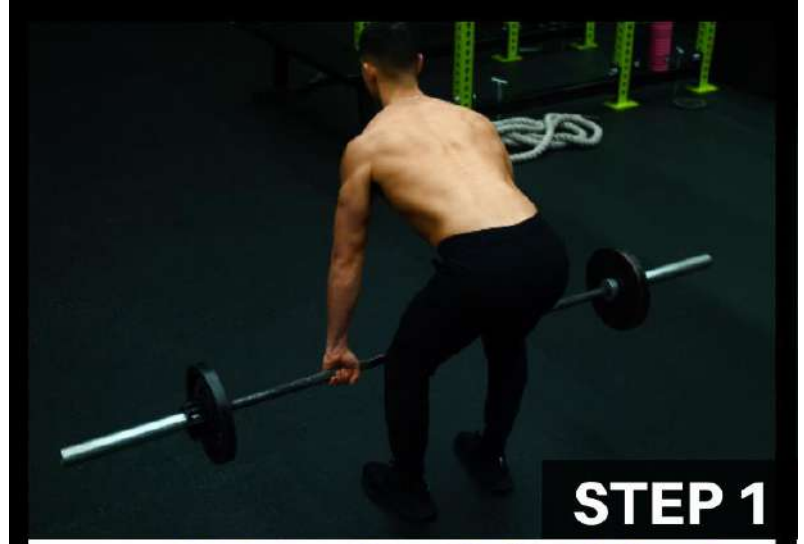
PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 2: BARBELL ROW

Step 1 (Setup): Grab a barbell with an overhand grip slightly wider than shoulder width apart. Push your hips back while bending your knees until your body is at roughly a 45 degree angle. Your back should be neutral as opposed to rounded.

Step 2 (Pull): Engage your core, and then pull the weight by driving your elbows back behind you until the bar touches your upper abdominal area. Squeeze your shoulder blades together as you pull.

Step 3 (Descent): Slowly lower the weight back to the starting position and fully extend the arms before proceeding for the next rep. Avoid using momentum to swing the weight up. Instead, each rep should be controlled.



WANT TO SHORTCUT YOUR TRANSFORMATION?

If you want to build muscle as fast as possible with this routine, then you need to pair it with a nutrition plan that helps your muscles grow and recover to the best of their ability after each workout.

Because what's more important than the hour you put into the gym everyday is **how and what you use to then fuel your muscles** for growth during your several other waking hours of the day.

That's exactly how thousands of Built With Science members just like Yasser here are able to drastically transform their physiques in such a short amount of time:

To get started today with an all-in-one science-based program that takes care of your training AND nutrition for you, by showing you exactly what to eat and when in order to build muscle and lean down as efficiently possible, then simply take the quiz below to find out which program is best for where you're at right now:



[CLICK HERE TO TAKE THE ANALYSIS QUIZ](#)

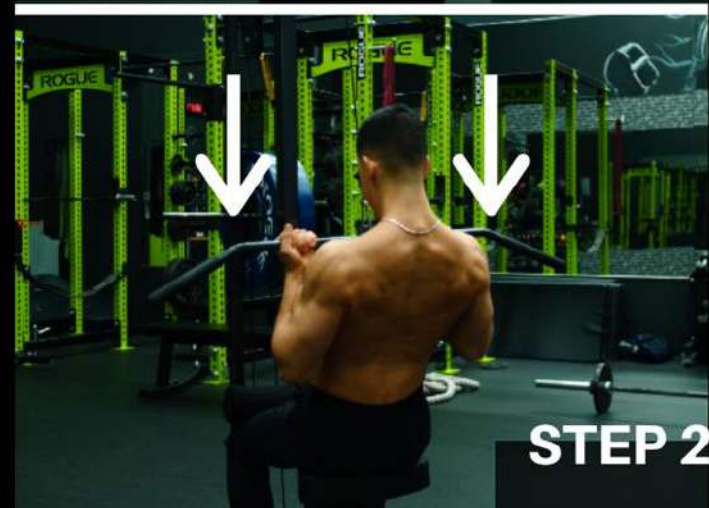
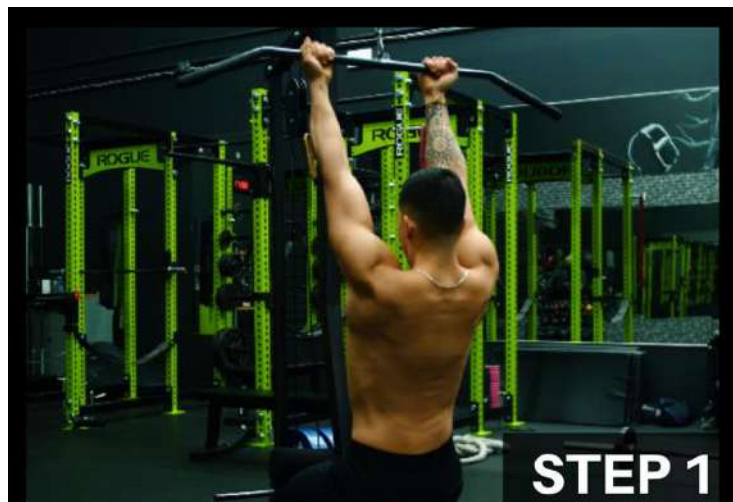
PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 3: REVERSE GRIP LAT PULLDOWNS

Step 1 (Setup): Grab the bar with an underhand grip at roughly shoulder-width apart. Bring your upper traps down by bringing your shoulders down and away from the ears. You also want to maintain a very slight lean back in your upper body as you proceed to perform each rep.

Step 2 (Pull): Pull the bar down by bringing your elbows behind your body. Your elbows should stay close to your sides and you should pull until the bar reaches just below your chin.

Step 3 (Descent): Control the weight back to the starting position before repeating for another rep. Avoid using momentum to move the weight for you.



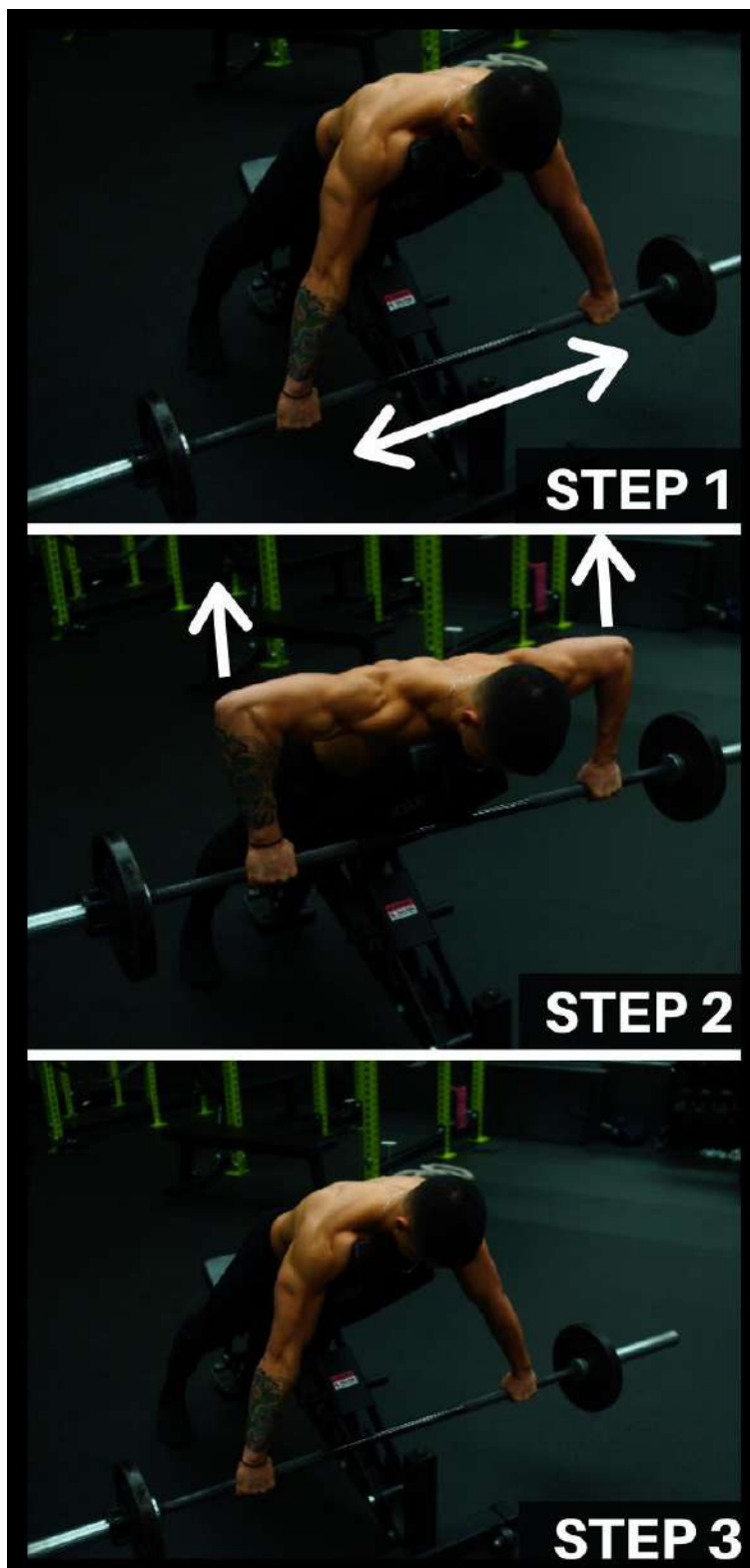
PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 4: CHEST SUPPORTED REAR DELT ROW

Step 1 (Setup): Setup an inclined bench to roughly a 30 degree angle (usually 2 notches up from the bottom position). Lay on the bench with your chest positioned towards the top of the bench and your legs extended with your feet flat on the floor for support. Grab a weighted bar in front of you with your arms hanging down, and use a wide grip that's about 1.5x shoulder width. If you have difficulty setting up the bar in position, lift it up so that you can grab it by placing each end of the bar onto an elevated platform or weights.

Step 2 (Pull): Pull the weight up by driving your elbows up as far as you're capable of, often the bench will limit the end range of motion for you. As you pull, your elbows should be flared out to your sides to best activate the rear delts. Hold the top position briefly while engaging your rear delts

Step 3 (Return): Control the weight back to the starting position and then repeat for another rep.



PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 5: NARROW GRIP BARBELL CURL

Step 1: Grab a barbell or weighted bar with a narrow underhand grip that's within shoulder-width. Keep your elbows pinned to your sides.

Step 2: Curl the weight up while keeping your elbows pinned to your sides. As you curl, think about raising the weight with your pinkies to best engage the outer head of your biceps.

Step 3: Control the weight back down to the bottom position until your arms are fully extended before proceeding for another rep.



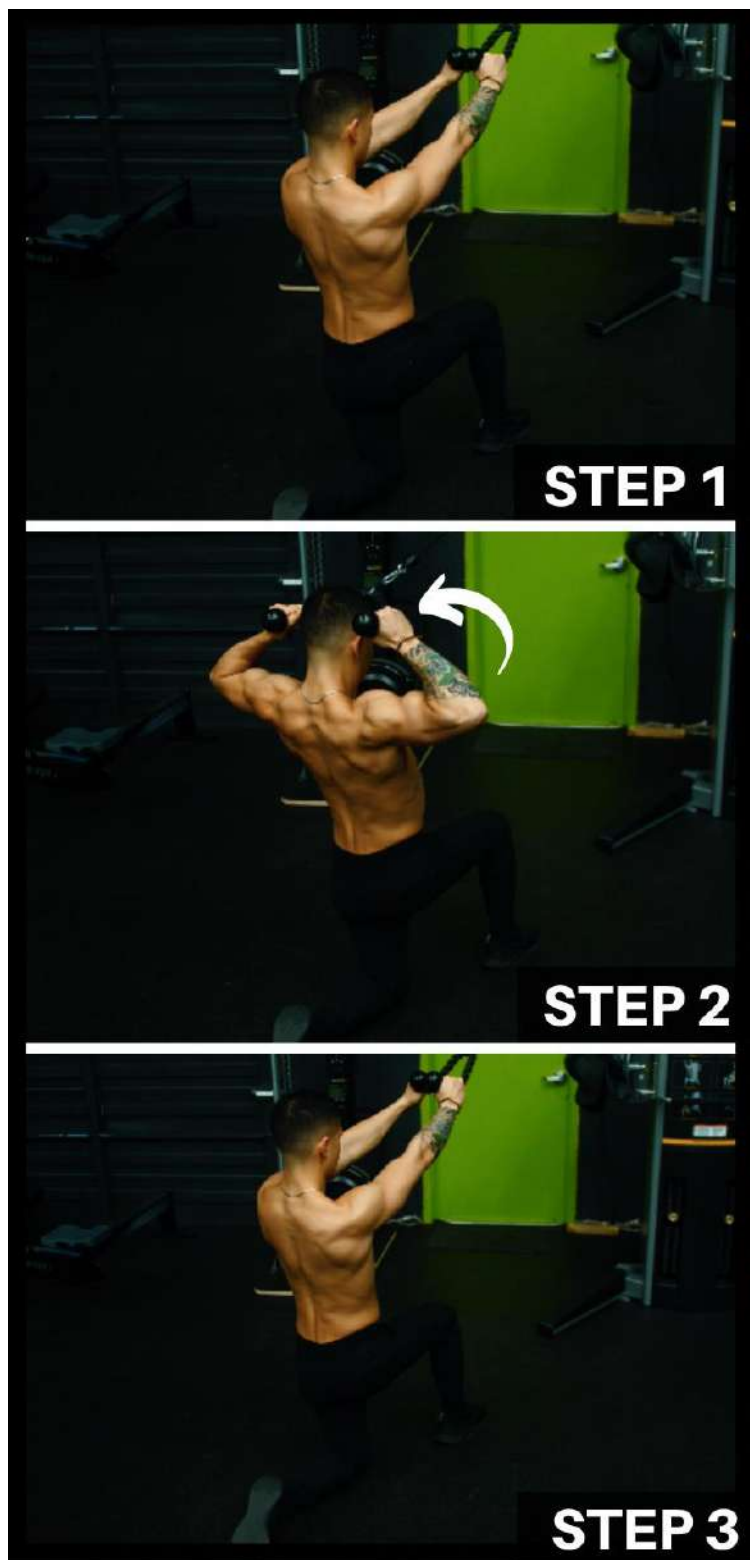
PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 6: KNEELING FACE PULLS

Step 1(Setup): Set up a cable system so that the notch is a couple notches below from the very top. Grab the rope with an overhand grip, then get down on one knee.

Step 2(Pull): Pull the rope towards your face while keeping your elbows high. Think about pulling while spreading the rope apart, and squeezing your shoulder blades together in the process. At the end position you want to externally rotate your shoulder such that your knuckles are facing the ceiling.

Step 3(Eccentric): Control the weight back to the starting position and then repeat for another rep. Ensure that you aren't excessively arching or rounding your back during each rep. You should feel a strong contraction in the middle of your back and in the back of your shoulders.



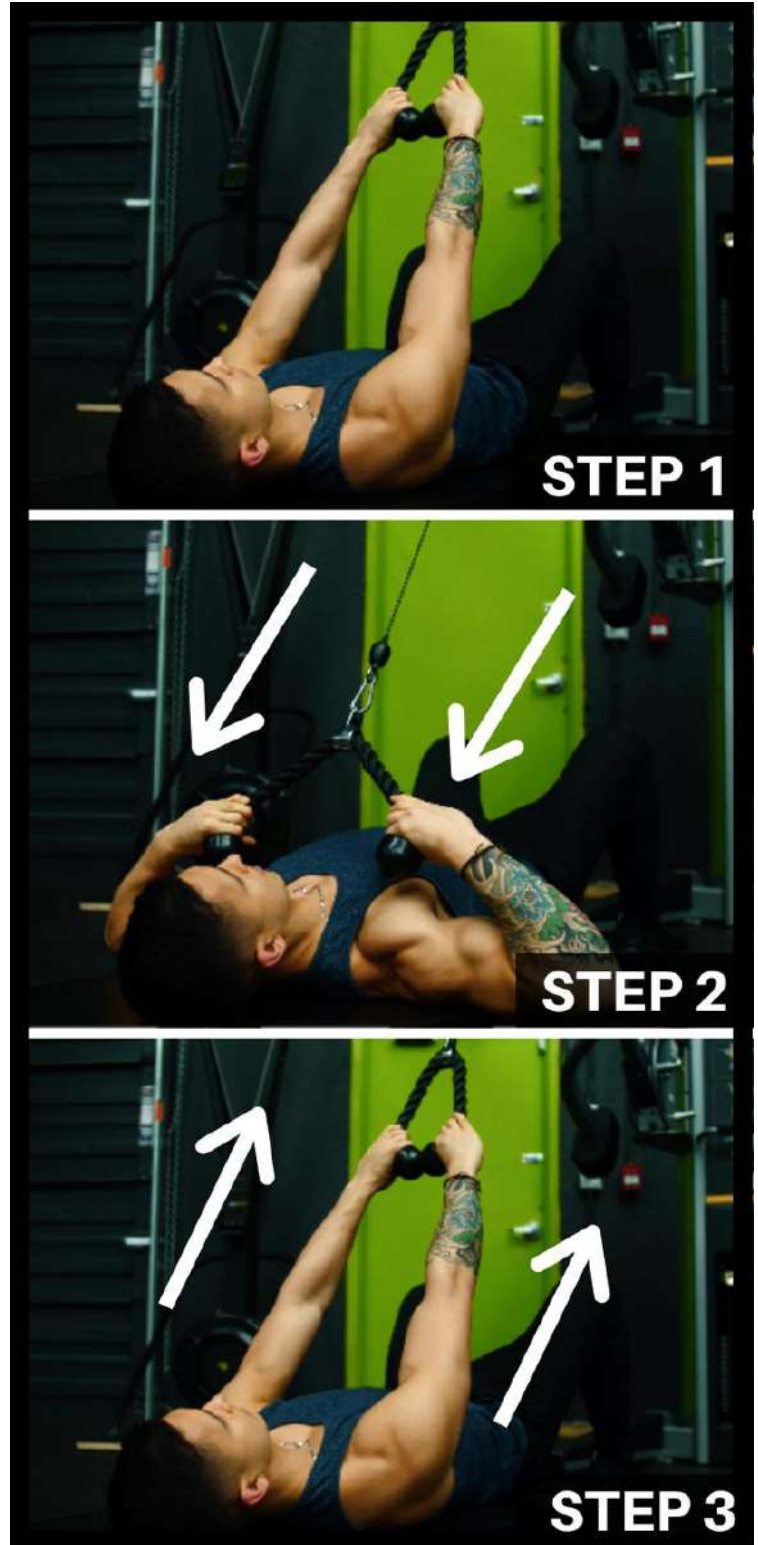
PULL WORKOUT EXERCISE TUTORIALS

EXERCISE 7: LYING FACE PULLS

Step 1(Setup): Still using the rope, raise the cable system up to the highest position. Grab the rope with an overhand grip, then lay down on your back in front of the cable system with your arms straight, knees bent and feet flat on the floor.

Step 2(Pull): Pull the rope by pulling your elbows towards you until they touch the ground. Your elbows should be at about shoulder height.

Step 3(Eccentric): Control the weight back to the starting position and then repeat for another rep. You should feel this mainly in the back of your shoulder (rear delts).



ADDITIONAL COMMENTS

I hope this PDF is useful for you! I put in a lot of effort into providing this routine for you free of charge. All I ask in return is that you show your support for my work and connecting with me on my social media platforms where I share more informative content on a regular basis:



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ENJOY!!

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