

# Full Gym Pull Workout

## THE LINEUP:

Big Lifts: 3x Rounds Each

- 12x Barbell RDLs
- 4-12x Strict Pull Ups (use band for assistance if needed)

**Full Body Circuit: 3x Rounds OR 25 minute AMRAP**  
(you choose either the rounds OR AMRAP based on how much time you have in the gym)

- 12x KB Swings
- 12R/12L KB 3-Point Row
- 12R/12L KB Single Leg RDL
- 12x Tall Kneeling KB Curls
- 50x Jump Rope Singles

REPEAT 3x rounds, REST 0:30 seconds between each exercise, 0:60 seconds between each round

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