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GK Sports

9-BOX SPLIT

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3-Day Split

Level 2

Phase III	Week 9			Week 10			Week 11			Week 12		
Exercise	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest	Sets	Reps	Rest

Day 2
Assisted Pull-Up
Rear Lat Pulldown
Seated Cable Row
Single-Arm Dumbbell Row
Upright Barbell Row
Lower Back Extension
Barbell Curl
Dumbbell Curl