SHOULDERS, BACK AND BICEPS

Warm up	
Stretches	10 to 20 min
Pull-ups, or muscle-ups	3 × 10

Workout	
Shoulder press	5 × 10
Lat pulldown	5 × 10
Seated row	5 × 10
Biceps curl	5 × 10

Cool down	
Incline walk or run	20 min
Stretches	10 to 20 min

One of Nathaniel's sessions, posted on @wynterfitness, 26 February 2026.
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