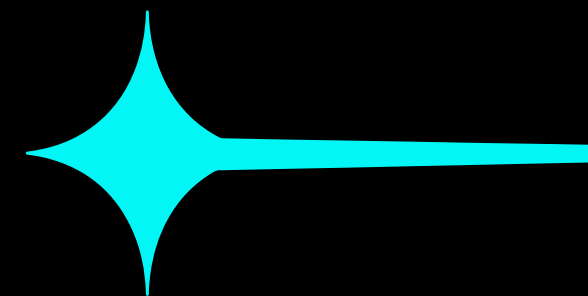


BACK **WORKOUT**



BACK WORKOUT

PLAN 1



BACK WORKOUT

AUTHOR: BRANDON B

TRAINING LEVEL: INTERMEDIATE

WORKOUT DURATION: 1 DAY

WORKOUT NOTES:

We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.

| EXERCISE | SETS | REPS | TEMPO | REST | VIDEO |
|-----------------------------|------|------|-------|---------|-------|
| Pull-Ups Neutral Grip | 2 | 12 | 2110 | 2 Min | |
| Cable Seated Overhand Row | 3 | 8 | 2110 | 2 Min | |
| Cable Straight Arm Pulldown | 3 | 10 | 3110 | 2 Min | |
| Dumbbell Single Arm Row | 2 | 12 | 2010 | 1.5 Min | |
| Machine Seated Row | 2 | 20 | 2010 | 1.5 Min | |