

## Upper Body / Core

## Workout 04

### (A) Back

### Sets / Reps

### ABS / Core

### Sec / Minutes

Bent-over Rows w / DB

4 x 12

Crunches

30 secs

### (A) Back

### Sets / Reps

### ABS / Core

### Sec / Minutes

DeadLifts w / DB

4 x 12

Bicycles

25 secs

### (A) Back

### Sets / Reps

### ABS / Core

### Sec / Minutes

Pull Up w / RB (optional)

4 x 10

Rest

...

### (A) Back

### Sets / Reps

### ABS / Core

### Sec / Minutes

Plank Row

4 x 10

Russian Twists

30 secs

### (A) Back

### Sets / Reps

### ABS / Core

### Sec / Minutes

Jog in Place

30 secs

Roll Ups

30 secs