

*LivFit. Presents...*

# ATTACK THAT BACK!

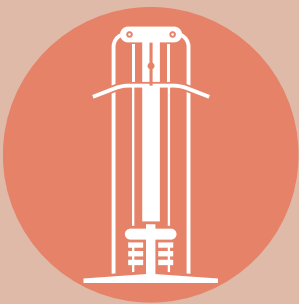
Your full-proof guide to a weighted back day.

## WARM-UP WALK:



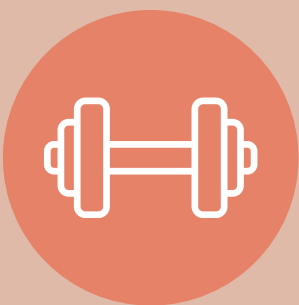
Start with a 10-15 minute brisk walk to ensure that your muscles are warmed up.

## LAT - PULL DOWN: (SUPERSET!)



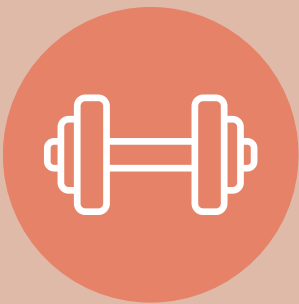
*70 lbs. x 6 reps  
to  
55 lbs. x 6 reps  
to  
40 lbs x 6 reps  
Rest for two minutes  
Repeat for 3 sets.*

## DUMBBELL CURL:



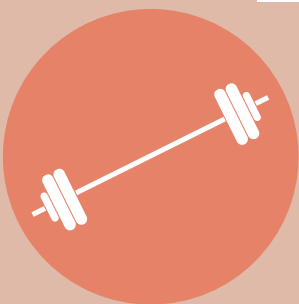
*4 sets of 6-8 reps.*

## BICEP CURL:



*4 sets of 6-8 reps.*

## BENT OVER ROW:



*4 sets of 6-8 reps.*

## PULL-UP:



*4 sets of 6-8 reps.  
Use a band or a designated pull-up  
machine is necessary.*

*Guides to learn how to do each workout are located on our  
website under “Proper Form.”*