

Day 18: Back

DUMBBELL BENT-OVER ROW (WARM-UP SETS)

Use light weight and stop each set short of failure.



Dumbbell bent-over row

2 sets, 10 reps (rest 1 min.)



Dumbbell bent-over row

After the first set, perform a dropset, aiming to perform an additional 15-18 reps. After the second set, perform a double dropset, aiming to perform an additional 15-18 reps per drop. See Training Guidelines for details.

2 sets, 15-18 reps (rest 2 min.)

SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets. Reverse the order of the exercises for the third set.



Lat pull-down

3 sets, 15-20 reps (no rest)



Reverse-grip lat pull-down

3 sets, 15-20 reps (rest 1 min.)

SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Incline dumbbell row

3 sets, 15-20 reps (no rest)



Stiff-Arm Push-Down

3 sets, 15-20 reps (rest 1 min.)



Barbell stiff-legged deadlift

3 sets, 18-20 reps (rest 2 min.)



Elliptical trainer

1 set, 15 min. Alternate 3 min. of easy effort with 1 min. of hard effort, or perform other cardio of your choice.

1 set, 15 mins