

## Hell Session IV, Day 12: Back, Traps, Shoulders, Calves

### LAT PULL-DOWN (WARM-UP SETS)

Add weight progressively across 2-3 sets, stopping each one well short of failure.



Lat pull-down

3 sets, 10 reps (rest 1 min.)



Lat pull-down

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)

### CABLE SEATED ROW (WARM-UP SETS)

Add weight progressively across 1-2 sets, stopping each one well short of failure.



Seated Row

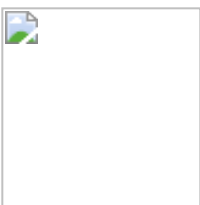
1 set, 10 reps (rest 1 min.)



Seated Cable Rows

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



Lying T-Bar Row

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



### Barbell shrug

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



### Incline dumbbell reverse fly

During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)

## MACHINE SEATED CALF RAISE (WARM-UP SETS)

Add weight progressively across 2-3 sets, stopping each one well short of failure.



### Seated Calf Raise

3 sets, 10 reps (rest 1 min.)



### Seated Calf Raise

Perform on an incline bench if possible. During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)



### Calf Press On The Leg Press Machine

Perform on an incline bench if possible. During each set, perform around 8 normal reps, followed by 4-6 Hellcentric reps. Use between 60-80% of your approximate 1RM. See Training Guidelines for details.

2 sets, 12 reps (rest 2 min.)