

## Day 4: Back

### BARBELL BENT-OVER ROW (WARM-UP SETS)

Use light weight and stop each set short of failure.



#### Barbell Row

2 sets, 10 reps (rest 1 min.)



#### Barbell Row

3 sets, 8-12 reps (rest 90 sec.)



#### Seated Row

3 sets, 8-12 reps (rest 90 sec.)



#### Lat pull-down

3 sets, 8-12 reps (rest 1 min.)

## SINGLE-ARM BENCH DUMBBELL ROW

Perform all of the reps on one side before switching to the other side. Don't rest between sides and rest 1 min. between sets.



### Dumbbell Row

4 sets, 8-12 reps (left side, no rest)



### Dumbbell Row

4 sets, 8-12 reps (right side, rest 1 min.)



### Bent-Arm Dumbbell Pull-over

3 sets, 8-12 reps (rest 1 min.)



### Rack pull

3 sets, 8-12 reps (rest 90 sec.)



### 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