

## Day 31: Back

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

Use light weight and stop each set short of failure.



#### Lat pull-down

2 sets, 10 reps (rest 1 min.)



#### Weighted pull-up

Perform with body weight only or use an assisted pull-up machine if necessary.

10 sets, 10 reps (rest 1 min.)



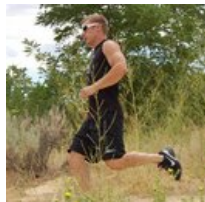
#### Barbell Row

5 sets, 5 reps (rest 1 min.)



#### Barbell shrug

5 sets, 20 reps (rest 1 min.)



#### Trail Running/Walking

1 set, 15 min. Alternate 3 min. of walking with 1 min. of running, or perform other cardio of your choice.

1 set, 15 mins