

Day 45: Back, Abs

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

5 sets, 25, 20, 15, 10, 5 reps (rest 1 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Bent-over dumbbell rear delt row

5 sets, 5, 10, 15, 20, 25 reps (rest 5/10/15/20/25 sec.)



Lat pull-down

5 sets, 25, 20, 15, 10, 5 reps (rest 1 min.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Stiff-Arm Push-Down

5 sets, 5, 10, 15, 20, 25 reps (rest 5/10/15/20/25 sec.)



Weighted Sit-Up

5 sets, 25, 20, 15, 10, 5 reps (rest 45 sec.)

DTP EXTREME SET

Perform reps as listed, resting for as many seconds as the number of reps you just performed.



Lying Leg Raise

5 sets, 5, 10, 15, 20, 25 reps (rest 5/10/15/20/25 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