

Day 25: 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.)



Pull-up

Use an assisted pull-up machine if necessary. If you require more than 10-12 reps to reach failure, add extra weight.

2 sets, 10-12 reps (rest 90 sec.)



V-bar pull-up

Use an assisted pull-up machine if necessary. If you require more than 10-12 reps to reach failure, add extra weight.

2 sets, 10-12 reps (rest 90 sec.)

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 2 min. between sets.



Dumbbell Row

4 sets, 10-12 reps (left side, no rest)



Dumbbell Row

4 sets, 10-12 reps (right side, rest 2 min.)



T-Bar Row

4 sets, 10-12 reps (rest 90 sec.)



Barbell shrug

2 sets, 12-15 reps (rest 90 sec.)



Seated Row

Either stretch or flex your lats during your rest periods.

7 sets, 8-10 reps (rest 1 min.)



Treadmill jogging

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

1 set, 15 mins