

Day 11: 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

Perform on an assisted pull-up machine if you can't perform at least 5-8 reps per set.

3 sets, to failure (to failure, rest 90 sec.)



Neutral-grip pull-up

Perform on an assisted pull-up machine if you can't perform at least 5-8 reps per set.

3 sets, to failure (to failure, rest 90 sec.)

INCLINE 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.



Incline dumbbell row

Perform one arm at a time. See video for details.

4 sets, 14-18 reps (left side, no rest)



Incline dumbbell row

Perform one arm at a time. See video for details.

4 sets, 14-18 reps (right side, rest 1 min.)



Machine seated row

3 sets, 14-18 reps (rest 1 min.)



Behind-the-neck pull-down

3 sets, 14-18 reps (rest 1 min.)



Stationary bike

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

1 set, 15 mins