

Day 40: Back, Abs

REVERSE-GRIP LAT PULL-DOWN (WARM-UP SETS)

Use light weight and stop each set short of failure.



Reverse-grip lat pull-down

2 sets, 10 reps (rest 1 min.)



Reverse-grip lat pull-down

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Pull-Down

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Barbell Row

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Machine low row-

Attempt to reach failure at 8-10 reps in the second set, then use forced reps or rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 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 2 min. between sets.



Dumbbell Row

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

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



Dumbbell Row

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

3 sets, 8-12 reps (right side, rest 2 min.)



Dumbbell Deadlift

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Cable reverse crunch

Attempt to reach failure at 8-10 reps in the second set, then use rest-pause to perform another 2-4 reps.

2 sets, 8-12 reps (rest 2 min.)



Feet-elevated crunch

2 sets, to failure (to failure, rest 2 min.)



Treadmill jogging

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