

## Day 50: 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.)



Chin-Up

Use an assisted pull-up machine if necessary. Add weight if needed to hit failure at around 5 reps in the final set.

5 sets, 20, 15, 10, 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.



Reverse-grip lat pull-down

1 set, 5 reps (rest 5 sec.)  
1 set, 10 reps (rest 10 sec.)  
1 set, 10 reps (rest 10 sec.)  
1 set, 15 reps (rest 15 sec.)  
1 set, 20 reps (rest 20 sec.)

### DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



Leverage High Row

5 sets, 20, 15, 10, 10, 5 reps (no rest)



Kneeling cable crunch

Perform as a lying cable crunch on a bench from a low anchor. See video for details.

5 sets, 20, 15, 10, 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.



### Seated Row

1 set, 5 reps (rest 5 sec.)  
1 set, 10 reps (rest 10 sec.)  
1 set, 10 reps (rest 10 sec.)  
1 set, 15 reps (rest 15 sec.)  
1 set, 20 reps (rest 20 sec.)

## DTP EXTREME SET

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



### Kneeling cable crunch

1 set, 5 reps (rest 5 sec.)  
1 set, 10 reps (rest 10 sec.)  
1 set, 10 reps (rest 10 sec.)  
1 set, 15 reps (rest 15 sec.)  
1 set, 20 reps (rest 20 sec.)

## DTP SUPERSET

Perform the exercises in order with no rest between exercises and 1 min. of rest between sets.



### Barbell Row

5 sets, 20, 15, 10, 10, 5 reps (no rest)



### Seated leg tuck

5 sets, 20, 15, 10, 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.



### Reverse-grip bent-over row

- 1 set, 5 reps (rest 5 sec.)
- 1 set, 10 reps (rest 10 sec.)
- 1 set, 10 reps (rest 10 sec.)
- 1 set, 15 reps (rest 15 sec.)
- 1 set, 20 reps (rest 20 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