

Pro workout

Day 1 / Monday

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1 minutes

rest time between exercises 2 minutes

https://youtu.be/4XfB4jlhfMY	5 minute	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/Vm09VnYDLIE	sets 1 reps 15 weight 30 kg	Back Warm up / Lat pulldown machine
https://youtu.be/1HeXh6HUGIo	Sets 4 reps 12-12-10-8 weight	Back Dead lift
https://youtu.be/VPvZfkKomcg	Sets 4 reps 12-10-10-8 weight	Back Pull back
https://youtu.be/TnqRivEWQ5M	Sets 4 reps 10-10-8-8 weight	Back Bent over Row

https://youtu.be/_vOp3E4XEO8	Sets 3 reps 10-10-10	Back DM Row
https://youtu.be/jQ3tgtrNFQ8	Sets 4 reps 10-10-8- 8 weight	Back Close grip pulldown
https://youtu.be/pS4Re6gRWnM	Sets 3 reps 12-10-10 weight	Back Face pull
https://youtu.be/91wPNPz0FZ4	20 minutes	Cardio Stairmaster machine