



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



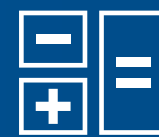
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THE BACK DAY BURNOUT: A BIG THICK BACK WORKOUT

Want to do a back workout that will challenge you and leave you feeling as though you've really accomplished something? Try the Back Day Burnout Workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/back-day-burnout>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 4 Weeks
Days Per Week: 1 Day

Time Per Workout: 60-90 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Josh England

Back Day Burnout Workout

Exercise	Sets	Reps
Deadlifts	8	5, 5, 5, 3, 3, 3, 2, 2
Lat Pulldowns	3	10
Close Grip Lat Pulldown from Floor	3	12
Meadow Rows	3	10
Supported Rows on Incline Bench	3	10
Finisher		
Pullups	-	-
Chinups	-	-
Inverted Row	-	100 Total Reps

The finisher to the workout is 100 total combined reps of either pullups, chin-ups, or inverted rows. You can perform as many reps of any of the three that you prefer, but there are three rules:

- 1. You have to hit at least 10 total reps of each by the end of the 100 reps.
- 2. You have to cycle through them in the order they are listed (pullup, chinup, inverted row).
- 3. Once you fail, you have to move on to the next exercise in the rotation.

