**Back Workouts**

Back exercises are good for improving overall pulling power and with cultivating that much desired v-taper silhouette.Choose a workout that suits you from our options below!

Workout 1: Strength Focused

The workout will focus on your pulling power and how you can perform pulling movements using heavy weight will still perform proper reps.

1. 4x8 pull-ups
2. 4x8 lat pulldowns
3. 4x8 close grip-lat pulldowns
4. 4x8 seated cable rows

Important tip: squeeze your shoulder blades together as you pull for maximum muscle contraction!

Workout 2: Volume Focused

This workout will focus on how you can build your back endurance using high-rep trainer with lower weight.

1. 3x12 lat pulldowns
2. 3x15 seated cable rows
3. 3x10 bench assisted rows
4. 3x10 barbell rows

Important tip: make sure to lock your back in place while performing barbell rows in order to prevent injury!

Workout 3: Beginner Focused

This beginner focus workout will focus on getting used to the movement of the back muscles expanding and contracting through pulling movements.

1. 3x6 seated cable row
2. 3x6 lat pulldown
3. 3x6 single arm dumbbell rows

Important tip: use lower weight to help your back get used to the movement!