



ROSHAN'S BODYSCULPT

LATS & MID-LOWER BACK

EXERCISE 1. (WARMUP SET).

EXERCISES	SET1	SET2	SET3
Wide Grip Pullup	12 reps	10 reps	8 reps
Close Grip Pullup	12 reps	10 reps	8 reps

EXERCISE 2. (GIANT SET).

EXERCISES	SET1	SET2	SET3
Extreme Wide Grip Lat Pull down	10 reps	10 reps	8 reps
Normal Grip Lat Pull down	15 reps	10 reps	8 reps
Close Grip Lat Pull down	12 reps	10 reps	8 reps

EXERCISE 3. (SUPER SET).

EXERCISES	SET1	SET2	SET3
DB Rows	12 reps	10 reps	8 reps
Single Hand Cable Lat Pulldown	12 reps	10 reps	8 reps

EXERCISE 4. (SUPER SET).

EXERCISES	SET1	SET2	SET3
Straight Bar Pull down	12 reps	10 reps	8 reps
Rope Rows	12 reps	10 reps	8 reps
T-Bar Rows	10 reps	10 reps	8 reps

EXERCISE 5. (GIANT SET).

EXERCISES	SET1	SET2	SET3
DeadLift	12 reps	10 reps	10 reps
Back Extension (HYPER-EX)	15 reps	12 reps	8 reps

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