

Back day 5 minutes

Stretches	Lower back rotational stretches
	Bridge
	Cat
	Shoulder blade squeegee
Exercises	Row
	Deadlift, 100 kg
	Bent-over row
	Pull-downs
	Gorilla rows
	Reverse flye
	Seated cable row
	Woodchop
	TRX
	Dumbbell chug
	Farmer's walk
	Kettlebell swing 5 kg
	Tripod row
	Barbell squat