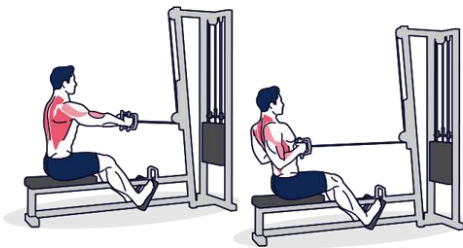


YOUR WORKOUT SPLIT

Back

Exercise 1:



Seated Rows:

Overhand Grip – Upper Back

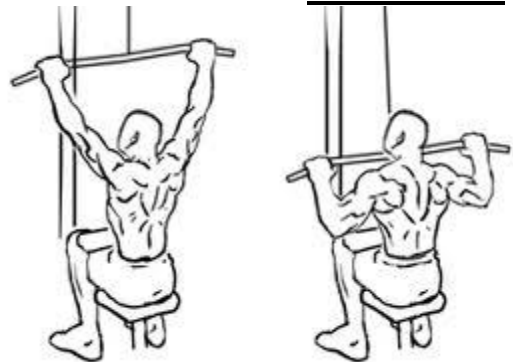
Neutral Grip – Mid Lats

Underhand Grip – Lower Back

- 1) Sit with your back straight, and grip handle of cable
- 2) Pull back the handle using your arms, and puff your chest
- 3) Pull handles towards body until your hands are near your stomach

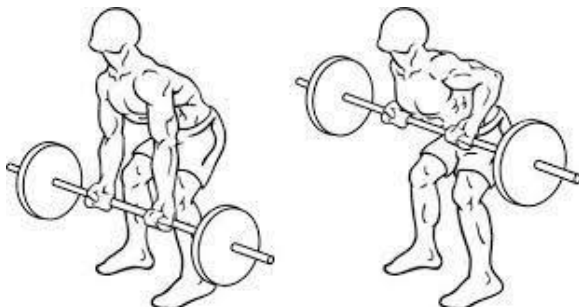
Pulldowns:

- 1) Grip cable while hands are spaced a bit
- 2) Lay flat on the bench
- 3) Lower elbows to line up with mid chest, if using a barbell, lower bar to your mid chest
- 4) Raise the weights until elbows have locked.



Exercise 2:

Exercise 3:



Dumbbell Row:

- 1) Grab Weights and hinge hips forward, make torso parallel to ground
- 2) Hang shoulders over and pull your elbows straight behind you (towards ceiling)
- 3) Control weight to rest position.