



Monday (5/5)- Back

Advanced Trainee

(Use challenging weights, not light weight)

Neutral Grip Pull Ups- 5 sets of 12 reps- 60 sec rest

**T-Bar Rows (Heavy)- 12/10/8/6/4/2- dropset last set to failure
60 sec rest**

**One Arm DB Rows: 4 sets of 6 reps- (Heavy)- dropset on last set to failure 3:1
Tempo 3 sec negative 1 sec positive – 60 sec rest**

**Deadlifts- 5 sets of 5- 3:1 tempo- 75 sec rest between each set, increase weight
each set**

Giant-Set

**Straight Arm Pull Overs- 12 Reps 3:1 tempo
SS**

**Reverse Grip Lat-Pull Downs- 8 Reps 3:1 tempo
SS**

**Cable Crosses- (just like cable crossovers, but pull cables straight to your side
pulling with your lats only) 12 reps 2:1 tempo
SS**

**Wide Grip Lat Pull Downs- 8 Reps 3:1 tempo
3 rounds- 60 sec rest**

Beginner:

T-Bar Rows: 4 sets of 12 reps- 30 sec rest

Assisted Pull-Ups: 4 sets of 12 reps- 30 sec rest

Deadlifts: 3 sets of 15 reps- 60 sec rest

Straight Arm Pull Overs

SS

Reverse Grip Lat Pull Downs

SS

Wide Grip Lat Pull Downs

SS

Close Grip Cable Rows

3 rounds of 12 reps- 75 sec rest- between sets