



Back Day (5 stations)

Cable pull-down

Cable cord set high up, "dual tricep rope" attachment

50 lbs. rep out (12) 3 sets

hands together towards pelvis, squat a little

Dual pulley pulldown

Adjust leg holds till comfortable

110 lbs.

Rep out (14) 3 sets

Lean back a little bit

ISO lateral low row

One arm at a time, Face the machine

65 lbs. each side

Rep out (15) **4 sets**

Smith machine bent over rows

Stand close to the bar and bend over it, pull to chest

45 lbs. Each side

Rep out (6) 3 sets

*keep your back straight *

Pull up machine

Do pull ups, full arm extension on the down

Weight on the machine should be about 1/4 of your weight

Rep **till fail**, 3 sets

After you're done with your session, Hang from something off the ground for about 30 seconds, just relax and hang, this will help decompress your spine and leave you feeling a lot better later.