

UPPER & LOWER BACK

REMEMBER TO
**STRETCH &
WARM UP**
before every workout

Barbell Deadlifts



5 sets 5 reps 1 min rest

Close Grip Lat Pulldowns / Pull Downs



4 sets 15 reps 45 sec rest

One Arm Barbell Rows



4 sets 15 reps 1 min rest

Seated / Low Cable Back Rows



5 sets 12 reps 45 sec rest

Seated Machine Back Row



5 sets 12 reps 45 sec rest

Single / One Arm Dumbbell Bench Rows



5 sets 15 reps 1 min rest

Straight Arm Pulldowns / Pull Downs



4 sets 15 reps 45 sec rest

Bent Over Barbell Rows



5 sets 10 reps 30 sec rest

TIP:

PROTECT YOUR BACK

The majority of back injuries from workouts are due to lifting too much weight and improper form.

Keep your back straight with controlled movements.