10 WEEKS TO FITNESS-DAY 30: BACK & ABS

1) Lat Pulldown	5 Sets of 25, 20, 15, 10, 5 Reps
2) Bent Over Dumbell Rows:	5 Sets of 25, 20, 15, 10, 5 Reps
3) Bent Over Bench Trap Rows:	5 Sets of 25, 20, 15, 10, 5 Reps
4) Straight Arm Pulldown:	5 Sets of 25, 20, 15, 10, 5 Reps
5) Reverse Crunches:	5 Sets of 5, 10, 15, 20, 25 Reps
6) Weighted Crunches:	5 Sets of 25, 20, 15, 10, 5 Reps