

## **Free Back Workout 3**

*\* Hold and contract each rep for a 3 second count*

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Close Grip Lat Pulldown-hold and contract each rep</b>	<b>4</b>	<b>12</b>
<b>Bent Over Barbell Row-hold and contract each rep</b>	<b>4</b>	<b>12</b>
<b>Cable Lat Pull Through-hold and contract each rep</b>	<b>4</b>	<b>12</b>
<b>Seated Wide Grip Row-hold and contract each rep</b>	<b>4</b>	<b>12</b>
<b>One Arm Cable Row-hold and contract each rep</b>	<b>4</b>	<b>12/arm</b>

**Cardio: 30 minutes**

\* Today during my back workout I really wanted to THINK about the muscles I was working and really hold each rep and squeeze to get that mind, muscle connection. Sometimes we blast through our workouts and we feel good we did it, but we didn't really "work" that muscle to its fullest. So really focus and squeeze and hold each rep, thinking about the part of the back you are working. This makes you sweat like crazy and your muscles get fired up, so make sure to have a good protein recovery and drink plenty of BCAA's and glutamine.