

## **Free Back Workout 2**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Reverse Grip Lat Pulldown</b>	<b>5</b>	<b>15,20,25,30,35</b>
<b>Wide Grip Lat Pulldown</b>	<b>4</b>	<b>15,20,25,30</b>
<b>Bent Over Kettlebell(or dumbbell) Rows</b>	<b>5</b>	<b>15,20,25,30,35</b>
<b>One Arm Cable Rows</b>	<b>4</b>	<b>15,20,25,30/arm</b>
<b>Dumbbell Lat Pull through</b>	<b>4</b>	<b>15,20,25,30</b>
<b>Dumbbell Rear Delts to Back Extension</b>	<b>5</b>	<b>15,20,25,30,35</b>

### **Cardio: 30 minutes**

Note: When I say 5 sets, that means for example in exercise 1: Reverse Grip Lat Pulldown, 15 reps is ONE set, 20 reps is the second set, 25 reps is the third set and so on. You DO NOT go through 15,20,25,30,35 reps 5 times.