

## **Free Back Workout**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Overhead Cable Rope Lat Pull Down</b>	<b>4</b>	<b>15</b>
<b>Cable Rope Lat Pull Through</b>	<b>3</b>	<b>20</b>
<b>Cable Rope Row</b>	<b>4</b>	<b>15</b>
<b>Kneeling Cable Lat Pull Down</b>	<b>4</b>	<b>20</b>
<b>Cable One Arm Row</b>	<b>4</b>	<b>15/Arm</b>

**Cardio: 30 minutes**

**\*\*\* I used the rope attachment in 3 of these exercises, but you don't have to use it if you don't have one. You can do different variations of the movements using a straight bar for the lat pull through, you can sit and do behind the head lat pull downs instead of kneeling and using the rope, and for the cable row you can use a "V" attachment or straight bar attachment.**