

Free Back Workout

Exercise	Sets	Reps
Wide Grip Lat Pulldown	5	50,40,30,20,10
Bent Over Low Cable Row	5	50,40,30,20,10
Cable Row	5	50,40,30,20,10
Cable Pull Through	5	50,40,30,20,10
Back Extension	5	50,40,30,20,10
Decline Abs		50,40,30,20,10

Cardio: 30 minutes

Pyramid Sets:

5 Sets = Set 1: 50reps, Set 2: 40reps, Set 3: 30reps, Set 4: 20reps, Set 5: 10reps. Complete this sequence for each exercise. Make sure to stay hydrated, and get a good source of protein as soon as your workout is over.