

LEGS: BACK

WARM UP:

30 seconds thigh to overhead (use wooden pole)

30 seconds torso twists

30 seconds good mornings (use wooden pole)

30 seconds shoulder dislocation

30 seconds press up into down dog

CONDITIONING PHASE:

Order	Exercise	Sets	Reps	Rest	Comments
1	Pull ups	3	AMRAP	60-90 seconds	AMRAP = As Many Reps As Possible. If you cant do a pull up yet, jump up and lower yourself down slowly focusing on eccentric phase.
2	Barbell Bent Over Row	4	6 – 8	60 seconds	
3A	Lat pull down	3	10-12	N/A	Complete 3A and go straight into 3B as a superset
3B	Straight arm pull ins	4	15 - 20	60 seconds	Using rope and cable machine
4A	Low row pulley	3	12-15	N/A	Complete 4A and 4B as a superset.
4B	Press ups	3	AMRAP	60 seconds	If cant do press ups yet, use the bench to perform incline press-ups.

FINISHER: GLUTES (I always work my lower body at the end of my upper body days!)

3 rounds:

20 Bulgarian split squats each leg

20 DB step ups (hold 1 DB in each hand and step up onto bench one leg at a time)

20 goblet squats