[](http://www.fitnish.com)Workout of the Week | Back and Traps

Workout Log

**Date:**

**Workout Duration:**

**My Stats**

Name:

Age:

Weight:

Bf%:

Warm Up:

* 5 minutes cycling/walking on an incline to warm up.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise [BACK] | Sets | Reps | Weight | Time | Rest period |
| Wide grip pull ups | 1  2  3  4 | 10  10  10  10 |  |  |  |
| Wide Lat Pull Downs (Palms facing each other) | 1  2  3 | 15  12  10 |  |  |  |
| Wide Lat Pull Downs Behind Neck | 1  2  3 | 15  12  10 |  |  |  |
| Shoulder Width Pull Downs Palms Facing You | 1  2  3  4 | 12  10  8  6 |  |  |  |
| Seated Machine Rows | 1  2  3  4  5 | 15  12  10  8  6 |  |  |  |
| One arm dumbbell rows | 1  2  3  4 | 12  10  8  6 |  |  |  |
| **SUPERSET:** | | | | | |
| Bent over barbell rows with an underhand grip | 1  2  3  4  1  2  3  4 | 12  10  8  6  12  10  8  6 |  |  |  |
| Dumbbell Pullovers |  |  |  |
|  | | | | | |
| Dead lifts | 1  2  3  4  5 | 15  12  10  8  6 |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise [TRAPS] | Sets | Reps | Weight | Time | Rest period |
| Barbell Shrugs | 1  2  3  4 | 15  12  10  8 |  |  |  |
| **SUPERSET:** | | | | | |
| Dumbbell Shrugs | 1  2  3  4  1  2  3  4 | 15  12  10  8  15  12  10  8 |  |  |  |
| Seated Machine Reverse Flyes (Palms facing down) |  |  |  |

Stretching:

* Stretch the back out on each side.
* Lie on your back over a bench with your arms extended behind you (as if you wold do a dumbbell pullover) and stretch as far back as you can.