

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	12 10 8 6			
Dumbbell Pullovers	1 2 3 4	12 10 8 6			

Dead lifts	1	15			
	2	12			
	3	10			
	4	8			
	5	6			

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

Stretching:

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