

Super Set Back Workout Name _____

Instructions: *Instructions: The Objective for this phase is to perform Chest Exercises. All are exercise are to be done in a split set format*

Circle ONE Mass or Definition 70-85% 45%-65%	Date:	Date:	Date:	Date:
Cable Back Row 1RM _____	___ X ___ Sets Reps Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Single Arm Dumbbell Row 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Dumbbell Reverse Fly 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Upright Row 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Hammer Strength Row 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Barbell Bent over Row 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Barbell Wide Grip Bent over Row 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Barbell Narrow grip Bent over Row 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Deltoid Rotation 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Pull-ups (solo or assisted) 3RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Instructor signature				