

Training

My Favorite Back Routine

Beginners* (for those with no experience or less than 3 months of training)

Lat Pulldown	1 X 20-25**
	3 X 10
Seated Low Rows	3 X 10

*train back once a week. Rest 1 minute in between sets

** this is a warm up set

Intermediate* (for those with 3 months to 1 year of training)

Lat Pulldown (to the front)	1 X 20-25**
	3 X 10
(to the back)	3 X 10
Seated Low Rows	3 X 10
Barbell Rows	3 X 10
Back Extension	3 X 15

*train back once a week. Rest 1 minute in between sets

** this is a warm up set

Advanced* (for those with more than 1 year of training)

Chin ups (3 warm up sets with as many reps as possible)

Lat Pulldown	4 X 6-10^
Seated Low Rows	4 X 6-10^**
Barbell Rows	4 X 6-10^**
One Arm Rows	4 X 6-10^
Deadlift	3 X 6-10^

*train back twice a week. Rest 1 minute in between sets

** the final set is a drop set (I complete 6 reps with maximum weight , then strip off half the weight and do as many reps as I can)

^ pyramid sets- start with a weight that uses lighter weight but encompasses many reps(ie:10). Then as you move onto the next set and so on, you use heavier weight and perform fewer reps