

SHRED60 – Back Workout Day 50

EXERCISE	SETS	REPS	REST	NOTES
Lateral Pulldown	5	15, 12, 10, 8, 6	-	Deadmill Sprints in between each set for 90 seconds.
Single Arm Row	3	12, 10, 8	-	60 seconds of jogging in between each arm.
Machine Neutral Grip Pulldown	3	12, 10, 8	-	90 seconds of box jumps between each set.
Seated Cable Row -Underhand Grip	3	12, 10, 8	-	90 seconds of cycling between each set.
Spider Barbell Curls	5	8 - failure	60 seconds	8 reps to failure then stand up and keep going to failure.