THE 8-WEEK BACK PROGRAM

NOTE:

THIS IS A PROGRAM DESIGNED FOR **ADVANCED LIFTERS**.

IF YOU'RE NEW TO WORKING OUT **CHECK OUT THIS PROGRAM INSTEAD**

RIR = REPS IN RESERVE

WARM UP(TO BE PREFORMED BEFORE EACH WORKOUT)

5-10 MINUTES MODERATE INTENSITY CARDIO WORLDS GREATEST STRETCH X 10 REPS / SIDE DOWN DOG INTO PLANK X 10 REPS ARM CIRCLES X 20 REPS

WEEK 1

DAY 1 UPPER DAY 1

1. WIDE GRIP PULL-UPS

3 SETS OF 10 REPS RIR - 3 REPS

2. DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 3 REPS

3. CABLE FACE PULLS

3 SETS OF 12 REPS RIR - 3 REPS

4. BARBELL BICEP CURLS

3 SETS OF 8 REPS RIR - 2 REPS

5. CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS RIR - 2 REPS

6. DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS RIR - 2 REPS

DAY 2 | LOWER DAY 1

1. BARBELL DEADLIFTS

4 SETS OF 8 REPS RIR - 3 REPS

2. HACK SQUAT/LEG PRESS

4 SETS OF 12 REPS

RIR - 3 REPS

STRAIGHT LEG HACK SQUAT CALF RAISES

4 SETS OF 15 REPS RIR - 2 REPS

DAY 3 | UPPER DAY 2

1. LAT FOCUSED SEATED CABLE ROWS

3 SETS OF 8 REPS RIR - 3 REPS

2. INCLINE DUMBBELL PRESS

3 SETS OF 15 REPS RIR - 3 REPS

REAR DELT DUMBBELL ROWS 3

3 SETS OF 15 REPS

RIR - 2 REPS

4. DUMBBELL HAMMER CURLS

2 SETS OF 10 REPS RIR - 2 REPS

5. CABLE LATERAL RAISES

2 SETS OF 15 REPS PER SIDE RIR - 2 REPS

DAY 4 LOWER DAY 2

1. DUMBBELL ROMANIAN

DEADLIFTS

4 SETS OF 12 REPS RIR - 3 REPS

BARBELL BACK SQUATS

4 SETS OF 8 REPS

RIR - 3 REPS

STRAIGHT LEG HACK

SQUAT CALF RAISES

4 SETS OF 15 REPS RIR - 2 REPS

DAY 5 | UPPER DAY 3

1. WIDE GRIP PULL-UPS

3 SETS OF 10 REPS RIR - 3 REPS

2. DUMBBELL CHEST PRESS

3 SETS OF 8 REPS

3. CABLE FACE PULLS

RIR - 3 REPS

3 SETS OF 12 REPS RIR - 3 REPS

3 SETS OF 8 REPS

TIIIT OTILI

RIR - 2 REPS

RIR - 2 REPS

BARBELL BICEP CURLS

CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS

6. DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS

RIR - 2 REPS

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5-10 MINUTES MODERATE INTENSITY CARDIO WORLDS GREATEST STRETCH X 10 REPS / SIDE **DOWN DOG INTO PLANK X 10 REPS ARM CIRCLES** X 20 REPS

WEEK 2

DAY 1 UPPER DAY 1

WIDE GRIP PULL-UPS

3 SETS OF 10 REPS RIR - 2 REPS

DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 2 REPS

CABLE FACE PULLS

3 SETS OF 12 REPS RIR - 2 REPS

BARBELL BICEP CURLS

3 SETS OF 8 REPS RIR - 2 REPS

CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS RIR - 2 REPS

DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS RIR - 2 REPS

DAY 2 | LOWER DAY 1

BARBELL DEADLIFTS

4 SETS OF 8 REPS RIR - 2 REPS

HACK SQUAT/LEG PRESS

4 SETS OF 12 REPS

RIR - 2 REPS

STRAIGHT LEG HACK **SQUAT CALF RAISES**

4 SETS OF 15 REPS RIR - 2 REPS

DAY 3 | UPPER DAY 2

LAT FOCUSED SEATED **CABLE ROWS**

3 SETS OF 8 REPS RIR - 2 REPS

INCLINE DUMBBELL PRESS

3 SETS OF 15 REPS

RIR - 2 REPS

REAR DELT DUMBBELL ROWS

3 SETS OF 15 REPS RIR - 2 REPS

DUMBBELL HAMMER CURLS

2 SETS OF 10 REPS RIR - 2 REPS

CABLE LATERAL RAISES

2 SETS OF 15 REPS PER SIDE RIR - 2 REPS

DAY 4 LOWER DAY 2

DUMBBELL ROMANIAN

DEADLIFTS

4 SETS OF 12 REPS RIR - 2 REPS

BARBELL BACK SQUATS

4 SETS OF 8 REPS RIR - 2 REPS

STRAIGHT LEG HACK **SQUAT CALF RAISES**

4 SETS OF 15 REPS RIR - 2 REPS

DAY 5 UPPER DAY 3

WIDE GRIP PULL-UPS

3 SETS OF 10 REPS RIR - 2 REPS

DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 2 REPS

CABLE FACE PULLS

3 SETS OF 12 REPS RIR - 2 REPS

BARBELL BICEP CURLS

3 SETS OF 8 REPS RIR - 2 REPS

CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS

RIR - 2 REPS

DUMBBELL LATERAL RAISES

RIR - 2 REPS

4 SETS OF 15 REPS

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WEEK 3

DAY 1 UPPER DAY 1

WIDE GRIP PULL-UPS

DUMBBELL CHEST PRESS

CABLE FACE PULLS

BARBELL BICEP CURLS

CABLE TRICEP EXTENSIONS

DUMBBELL LATERAL RAISES

4 SETS OF 10 REPS RIR - 2 REPS

3 SETS OF 8 REPS RIR - 2 REPS

4 SETS OF 12 REPS RIR - 2 REPS

3 SETS OF 8 REPS RIR - 2 REPS

3 SETS OF 12 REPS RIR - 2 REPS

4 SETS OF 15 REPS RIR - 2 REPS

DAY 2 | LOWER DAY 1

BARBELL DEADLIFTS

4 SETS OF 8 REPS RIR - 2 REPS

HACK SQUAT/LEG PRESS

4 SETS OF 12 REPS

RIR - 2 REPS

STRAIGHT LEG HACK **SQUAT CALF RAISES**

4 SETS OF 15 REPS RIR - 2 REPS

DAY 3 | UPPER DAY 2

LAT FOCUSED SEATED

CABLE ROWS

REAR DELT DUMBBELL ROWS

DUMBBELL HAMMER CURLS

INCLINE DUMBBELL PRESS

CABLE LATERAL RAISES

4 SETS OF 8 REPS RIR - 2 REPS

3 SETS OF 15 REPS RIR - 2 REPS

RIR - 2 REPS

2 SETS OF 10 REPS

4 SETS OF 15 REPS

RIR - 2 REPS

2 SETS OF 15 REPS PER SIDE

RIR - 2 REPS

DAY 4 LOWER DAY 2

DUMBBELL ROMANIAN

DEADLIFTS

BARBELL BACK SQUATS

STRAIGHT LEG HACK

SQUAT CALF RAISES

4 SETS OF 12 REPS

RIR - 2 REPS

4 SETS OF 8 REPS RIR - 2 REPS

4 SETS OF 15 REPS RIR - 2 REPS

DAY 5 UPPER DAY 3

WIDE GRIP PULL-UPS

4 SETS OF 10 REPS RIR - 2 REPS

DUMBBELL CHEST PRESS

CABLE FACE PULLS

3 SETS OF 8 REPS RIR - 2 REPS

4 SETS OF 12 REPS

RIR - 2 REPS

BARBELL BICEP CURLS

3 SETS OF 8 REPS RIR - 2 REPS

CABLE TRICEP EXTENSIONS

DUMBBELL LATERAL RAISES

3 SETS OF 12 REPS

RIR - 2 REPS

4 SETS OF 15 REPS RIR - 2 REPS

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5-10 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS / SIDE
DOWN DOG INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS

WEEK 4

DAY 1 UPPER DAY 1

WIDE GRIP PULL-UPS 4 SETS C

2. DUMBBELL CHEST PRESS

3. CABLE FACE PULLS

4. BARBELL BICEP CURLS

5. CABLE TRICEP EXTENSIONS

6. DUMBBELL LATERAL RAISES

4 SETS OF 10 REPS RIR - 2 REPS

3 SETS OF 8 REPS RIR - 2 REPS

4 SETS OF 12 REPS RIR - 2 REPS

3 SETS OF 8 REPS RIR - 2 REPS

3 SETS OF 12 REPS RIR - 2 REPS

4 SETS OF 15 REPS RIR - 2 REPS

DAY 2 | LOWER DAY 1

1. BARBELL DEADLIFTS

4 SETS OF 8 REPS RIR - 2 REPS

2. HACK SQUAT/LEG PRESS

4 SETS OF 12 REPS

RIR - 2 REPS

STRAIGHT LEG HACK SQUAT CALF RAISES

4 SETS OF 15 REPS RIR - 1 REP

DAY 3 | UPPER DAY 2

1. LAT FOCUSED SEATED

CABLE ROWS

INCLINE DUMBBELL PRESS

3. REAR DELT DUMBBELL ROWS

4. DUMBBELL HAMMER CURLS

5. CABLE LATERAL RAISES

4 SETS OF 8 REPS RIR - 2 REPS

3 SETS OF 15 REPS

RIR - 2 REPS

RIR - 2 REPS

4 SETS OF 15 REPS

2 SETS OF 10 REPS RIR - 2 REPS

2 SETS OF 15 REPS

PER SIDE RIR - 2 REPS

DAY 4 LOWER DAY 2

1. DUMBBELL ROMANIAN

DEADLIFTS

2. BARBELL BACK SQUATS

3. STRAIGHT LEG HACK SQUAT CALF RAISES

4 SETS OF 12 REPS RIR - 2 REPS

4 SETS OF 8 REPS

RIR - 2 REPS

4 SETS OF 15 REPS RIR - 1 REP

DAY 5 | UPPER DAY 3

1. WIDE GRIP PULL-UPS

4 SETS OF 10 REPS RIR - 2 REPS

2. DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 2 REPS

3. CABLE FACE PULLS

4 SETS OF 12 REPS

RIR - 2 REPS

RIR - 2 REPS

4. BARBELL BICEP CURLS

3 SETS OF 8 REPS

5. CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS

RIR - 2 REPS

6. DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS RIR - 2 REPS USE CODE 'DEMERS'
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WEEK 5

DAY 1 UPPER DAY 1

WIDE GRIP PULL-UPS

5 SETS OF 10 REPS RIR - 1 REP

DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 1 REP

CABLE FACE PULLS

4 SETS OF 12 REPS RIR - 1 REP

BARBELL BICEP CURLS

3 SETS OF 8 REPS

RIR - 1 REP

CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS RIR - 1 REP

DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS RIR - 1 REP

DAY 2 | LOWER DAY 1

BARBELL DEADLIFTS

4 SETS OF 8 REPS RIR - 2 REPS

HACK SQUAT/LEG PRESS

4 SETS OF 12 REPS

RIR - 2 REPS

STRAIGHT LEG HACK **SQUAT CALF RAISES**

4 SETS OF 15 REPS RIR - 0-1 REP

DAY 3 | UPPER DAY 2

LAT FOCUSED SEATED

4 SETS OF 8 REPS RIR - 1 REP

CABLE ROWS

3 SETS OF 15 REPS

INCLINE DUMBBELL PRESS

SINGLE-ARM KNEELING

3 SETS OF 8 REPS

RIR - 1 REP

LAT PULL-DOWN

PER SIDE RIR - 1 REP

REAR DELT DUMBBELL ROWS

4 SETS OF 15 REPS

RIR - 1 REP

RIR - 1 REP

DUMBBELL HAMMER CURLS

3 SETS OF 10 REPS

CABLE LATERAL RAISES

3 SETS OF 15 REPS

PER SIDE RIR - 1 REP

DAY 4 LOWER DAY 2

DUMBBELL ROMANIAN

DEADLIFTS

4 SETS OF 12 REPS RIR - 2 REPS

BARBELL BACK SQUATS

4 SETS OF 8 REPS RIR - 2 REPS

STRAIGHT LEG HACK

SQUAT CALF RAISES

4 SETS OF 15 REPS **RIR - 0-1 REP**

DAY 5 UPPER DAY 3

WIDE GRIP PULL-UPS

5 SETS OF 10 REPS

RIR - 1 REP

DUMBBELL CHEST PRESS

3 SETS OF 8 REPS

RIR - 1 REP

CABLE FACE PULLS

4 SETS OF 12 REPS RIR - 1 REP

BARBELL BICEP CURLS

3 SETS OF 8 REPS

RIR - 1 REP

CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS

RIR - 1 REP

DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS RIR - 1 REP

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WEEK 6

DAY 1 UPPER DAY 1

WIDE GRIP PULL-UPS

5 SETS OF 10 REPS RIR - 1 REP

DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 1 REP

CABLE FACE PULLS

4 SETS OF 12 REPS RIR - 1 REP

BARBELL BICEP CURLS

3 SETS OF 8 REPS RIR - 1 REP

CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS RIR - 1 REP

DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS RIR - 1 REP

DAY 2 | LOWER DAY 1

BARBELL DEADLIFTS

4 SETS OF 8 REPS RIR - 2 REPS

HACK SQUAT/LEG PRESS

4 SETS OF 12 REPS

RIR - 2 REPS

STRAIGHT LEG HACK **SQUAT CALF RAISES**

4 SETS OF 15 REPS RIR - 0-1 REP

DAY 3 | UPPER DAY 2

LAT FOCUSED SEATED **CABLE ROWS**

4 SETS OF 8 REPS RIR - 1 REP

INCLINE DUMBBELL PRESS

3 SETS OF 15 REPS

SINGLE-ARM KNEELING

RIR - 1 REP 3 SETS OF 8 REPS

LAT PULL-DOWN

PER SIDE RIR - 1 REP

RIR - 1 REP

REAR DELT DUMBBELL ROWS

4 SETS OF 15 REPS

DUMBBELL HAMMER CURLS

3 SETS OF 10 REPS

RIR - 1 REP

CABLE LATERAL RAISES

3 SETS OF 15 REPS PER SIDE RIR - 1 REP

DAY 4 LOWER DAY 2

DUMBBELL ROMANIAN

DEADLIFTS

4 SETS OF 12 REPS RIR - 2 REPS

BARBELL BACK SQUATS

4 SETS OF 8 REPS RIR - 2 REPS

STRAIGHT LEG HACK **SQUAT CALF RAISES**

4 SETS OF 15 REPS **RIR - 0-1 REP**

DAY 5 UPPER DAY 3

WIDE GRIP PULL-UPS

5 SETS OF 10 REPS RIR - 1 REP

DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 1 REP

CABLE FACE PULLS

4 SETS OF 12 REPS

BARBELL BICEP CURLS

RIR - 1 REP

3 SETS OF 8 REPS RIR - 1 REP

CABLE TRICEP EXTENSIONS

3 SETS OF 12 REPS RIR - 1 REP

DUMBBELL LATERAL RAISES

4 SETS OF 15 REPS RIR - 1 REP

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WEEK 7

DAY 1 UPPER DAY 1

WIDE GRIP PULL-UPS 5 SETS OF 10 REPS RIR - 0-1 REP

DUMBBELL CHEST PRESS 3 SETS OF 8 REPS **RIR - 0-1 REP**

CABLE FACE PULLS 4 SETS OF 12 REPS

3 SETS OF 8 REPS **BARBELL BICEP CURLS**

RIR - O REP

RIR - O REP

4 SETS OF 15 REPS **DUMBBELL LATERAL RAISES**

RIR - O REP

3 SETS OF 12 REPS

RIR - 0-1 REP

DAY 2 LOWER DAY 1

BARBELL DEADLIFTS 4 SETS OF 8 REPS RIR - 1 REP

HACK SQUAT/LEG PRESS 4 SETS OF 12 REPS RIR - 1 REP

BACK EXTENTIONS 2 SETS OF 12 REPS RIR - 1 REP

STRAIGHT LEG HACK 4 SETS OF 15 REPS **SQUAT CALF RAISES** RIR - 1 REP

DAY 3 | UPPER DAY 2

CABLE TRICEP EXTENSIONS

LAT FOCUSED SEATED

CABLE ROWS

5 SETS OF 8 REPS **RIR - 0-1 REP**

INCLINE DUMBBELL PRESS

3 SETS OF 15 REPS **RIR - 0-1 REP**

SINGLE-ARM KNEELING LAT PULL-DOWN

3 SETS OF 8 REPS

PER SIDE RIR - 0-1 REP

RIR - O REP

RIR - O REP

REAR DELT DUMBBELL ROWS

4 SETS OF 15 REPS

RIR - 0-1 REP

DUMBBELL HAMMER CURLS

3 SETS OF 10 REPS

CABLE LATERAL RAISES

3 SETS OF 15 REPS PER SIDE

DAY 4 LOWER DAY 2

BARBELL DEADLIFTS

4 SETS OF 8 REPS RIR - 1 REP

HACK SQUAT/LEG PRESS

4 SETS OF 12 REPS RIR - 1 REP

BACK EXTENTIONS

2 SETS OF 12 REPS

RIR - 1 REP

STRAIGHT LEG HACK **SQUAT CALF RAISES**

4 SETS OF 15 REPS RIR - 1 REP

DAY 5 UPPER DAY 3

WIDE GRIP PULL-UPS

5 SETS OF 10 REPS RIR - 0-1 REP

DUMBBELL CHEST PRESS

3 SETS OF 8 REPS RIR - 0-1 REP

CABLE FACE PULLS

4 SETS OF 12 REPS RIR - 0-1 REP

BARBELL BICEP CURLS

3 SETS OF 8 REPS RIR - O REP

3 SETS OF 12 REPS

DUMBBELL LATERAL RAISES

CABLE TRICEP EXTENSIONS

RIR - O REP

4 SETS OF 15 REPS

RIR - O REP

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WEEK 8

DAY 1 UPPER DAY 1

WIDE GRIP PULL-UPS 5 SETS OF 10 REPS RIR - O REP

DUMBBELL CHEST PRESS 3 SETS OF 8 REPS RIR - O REP

CABLE FACE PULLS 4 SETS OF 12 REPS

RIR - O REP

3 SETS OF 12 REPS

5 SETS OF 8 REPS

3 SETS OF 8 REPS

3 SETS OF 8 REPS **BARBELL BICEP CURLS**

RIR - O REP

RIR - O REP

4 SETS OF 15 REPS **DUMBBELL LATERAL RAISES** RIR - O REP

DAY 2 | LOWER DAY 1

BARBELL DEADLIFTS 4 SETS OF 8 REPS RIR - 1 REP

HACK SQUAT/LEG PRESS 4 SETS OF 12 REPS RIR - 1 REP

BACK EXTENTIONS 2 SETS OF 12 REPS

RIR - 1 REP

4 SETS OF 8 REPS

4 SETS OF 12 REPS

STRAIGHT LEG HACK 4 SETS OF 15 REPS **SQUAT CALF RAISES** RIR - 1 REP

DAY 3 | UPPER DAY 2

CABLE TRICEP EXTENSIONS

LAT FOCUSED SEATED

SINGLE-ARM KNEELING

CABLE ROWS RIR - O REP

INCLINE DUMBBELL PRESS 3 SETS OF 15 REPS RIR - O REP

LAT PULL-DOWN PER SIDE RIR - O REP

REAR DELT DUMBBELL ROWS 4 SETS OF 15 REPS

RIR - O REP

DUMBBELL HAMMER CURLS 3 SETS OF 10 REPS RIR - O REP

CABLE LATERAL RAISES 3 SETS OF 15 REPS PER SIDE

RIR - O REP

RIR - O REP

DAY 4 LOWER DAY 2

BARBELL DEADLIFTS

RIR - 1 REP

HACK SQUAT/LEG PRESS

RIR - 1 REP

BACK EXTENTIONS 2 SETS OF 12 REPS RIR - 1 REP

STRAIGHT LEG HACK 4 SETS OF 15 REPS **SQUAT CALF RAISES** RIR - O REP

DAY 5 UPPER DAY 3

WIDE GRIP PULL-UPS 5 SETS OF 10 REPS RIR - O REP

DUMBBELL CHEST PRESS 3 SETS OF 8 REPS

CABLE FACE PULLS 4 SETS OF 12 REPS RIR - O REP

BARBELL BICEP CURLS 3 SETS OF 8 REPS

RIR - O REP

CABLE TRICEP EXTENSIONS 3 SETS OF 12 REPS RIR - O REP

4 SETS OF 15 REPS **DUMBBELL LATERAL RAISES**

RIR - O REP

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