

# THE 8-WEEK BAKI DEMON 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 PERFORMED 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

- WIDE GRIP PULL-UPS** 3 SETS OF 10 REPS  
RIR - 3 REPS
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 3 REPS
- CABLE FACE PULLS** 3 SETS OF 12 REPS  
RIR - 3 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 - 3 REPS
- 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

- LAT FOCUSED SEATED CABLE ROWS** 3 SETS OF 8 REPS  
RIR - 3 REPS
- INCLINE DUMBBELL PRESS** 3 SETS OF 15 REPS  
RIR - 3 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 - 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

- WIDE GRIP PULL-UPS** 3 SETS OF 10 REPS  
RIR - 3 REPS
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 3 REPS
- CABLE FACE PULLS** 3 SETS OF 12 REPS  
RIR - 3 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

**USE CODE 'DEMERS'**  
AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING

# THE 8-WEEK BAKI DEMON 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 PERFORMED 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 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** 4 SETS OF 15 REPS  
RIR - 2 REPS

**USE CODE 'DEMERS'**

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING

# THE 8-WEEK BAKI DEMON 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 PERFORMED 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 3

### DAY 1 | UPPER DAY 1

- WIDE GRIP PULL-UPS** 4 SETS OF 10 REPS  
RIR - 2 REPS
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 2 REPS
- CABLE FACE PULLS** 4 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** 4 SETS OF 8 REPS  
RIR - 2 REPS
- INCLINE DUMBBELL PRESS** 3 SETS OF 15 REPS  
RIR - 2 REPS
- REAR DELT DUMBBELL ROWS** 4 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** 4 SETS OF 10 REPS  
RIR - 2 REPS
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 2 REPS
- CABLE FACE PULLS** 4 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

**USE CODE 'DEMERS'**

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING

# THE 8-WEEK BAKI DEMON 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 PERFORMED 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 4

### DAY 1 | UPPER DAY 1

- WIDE GRIP PULL-UPS** 4 SETS OF 10 REPS  
RIR - 2 REPS
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 2 REPS
- CABLE FACE PULLS** 4 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 - 1 REP

### DAY 3 | UPPER DAY 2

- LAT FOCUSED SEATED CABLE ROWS** 4 SETS OF 8 REPS  
RIR - 2 REPS
- INCLINE DUMBBELL PRESS** 3 SETS OF 15 REPS  
RIR - 2 REPS
- REAR DELT DUMBBELL ROWS** 4 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 - 1 REP

### DAY 5 | UPPER DAY 3

- WIDE GRIP PULL-UPS** 4 SETS OF 10 REPS  
RIR - 2 REPS
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 2 REPS
- CABLE FACE PULLS** 4 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

**USE CODE 'DEMERS'**

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING



# THE 8-WEEK BAKI DEMON 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 PERFORMED 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 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 CABLE ROWS** 4 SETS OF 8 REPS  
RIR - 1 REP
- INCLINE DUMBBELL PRESS** 3 SETS OF 15 REPS  
RIR - 1 REP
- SINGLE-ARM KNEELING LAT PULL-DOWN** 3 SETS OF 8 REPS  
PER SIDE  
RIR - 1 REP
- REAR DELT DUMBBELL ROWS** 4 SETS OF 15 REPS  
RIR - 1 REP
- 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  
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

**USE CODE 'DEMERS'**

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING

# THE 8-WEEK BAKI DEMON 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 PERFORMED 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 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  
RIR - 1 REP
- SINGLE-ARM KNEELING LAT PULL-DOWN** 3 SETS OF 8 REPS  
PER SIDE  
RIR - 1 REP
- REAR DELT DUMBBELL ROWS** 4 SETS OF 15 REPS  
RIR - 1 REP
- 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  
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

**USE CODE 'DEMERS'**

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING

# THE 8-WEEK BAKI DEMON 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 PERFORMED 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 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  
RIR - 0-1 REP
- BARBELL BICEP CURLS** 3 SETS OF 8 REPS  
RIR - 0 REP
- CABLE TRICEP EXTENSIONS** 3 SETS OF 12 REPS  
RIR - 0 REP
- DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS  
RIR - 0 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 SQUAT CALF RAISES** 4 SETS OF 15 REPS  
RIR - 1 REP

### DAY 3 | UPPER DAY 2

- 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
- REAR DELT DUMBBELL ROWS** 4 SETS OF 15 REPS  
RIR - 0-1 REP
- DUMBBELL HAMMER CURLS** 3 SETS OF 10 REPS  
RIR - 0 REP
- CABLE LATERAL RAISES** 3 SETS OF 15 REPS  
PER SIDE  
RIR - 0 REP

### 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 - 0 REP
- CABLE TRICEP EXTENSIONS** 3 SETS OF 12 REPS  
RIR - 0 REP
- DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS  
RIR - 0 REP

**USE CODE 'DEMERS'**

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING

# THE 8-WEEK BAKI DEMON 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 PERFORMED 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 8

### DAY 1 | UPPER DAY 1

- WIDE GRIP PULL-UPS** 5 SETS OF 10 REPS  
RIR - 0 REP
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 0 REP
- CABLE FACE PULLS** 4 SETS OF 12 REPS  
RIR - 0 REP
- BARBELL BICEP CURLS** 3 SETS OF 8 REPS  
RIR - 0 REP
- CABLE TRICEP EXTENSIONS** 3 SETS OF 12 REPS  
RIR - 0 REP
- DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS  
RIR - 0 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 SQUAT CALF RAISES** 4 SETS OF 15 REPS  
RIR - 1 REP

### DAY 3 | UPPER DAY 2

- LAT FOCUSED SEATED CABLE ROWS** 5 SETS OF 8 REPS  
RIR - 0 REP
- INCLINE DUMBBELL PRESS** 3 SETS OF 15 REPS  
RIR - 0 REP
- SINGLE-ARM KNEELING LAT PULL-DOWN** 3 SETS OF 8 REPS  
PER SIDE  
RIR - 0 REP
- REAR DELT DUMBBELL ROWS** 4 SETS OF 15 REPS  
RIR - 0 REP
- DUMBBELL HAMMER CURLS** 3 SETS OF 10 REPS  
RIR - 0 REP
- CABLE LATERAL RAISES** 3 SETS OF 15 REPS  
PER SIDE  
RIR - 0 REP

### 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 - 0 REP

### DAY 5 | UPPER DAY 3

- WIDE GRIP PULL-UPS** 5 SETS OF 10 REPS  
RIR - 0 REP
- DUMBBELL CHEST PRESS** 3 SETS OF 8 REPS  
RIR - 0 REP
- CABLE FACE PULLS** 4 SETS OF 12 REPS  
RIR - 0 REP
- BARBELL BICEP CURLS** 3 SETS OF 8 REPS  
RIR - 0 REP
- CABLE TRICEP EXTENSIONS** 3 SETS OF 12 REPS  
RIR - 0 REP
- DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS  
RIR - 0 REP

**USE CODE 'DEMERS'**

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING