

TRAINING PROGRAM: WEEK 1

DAY 5: BACK

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 35 minutes before consuming food
Meadows rows	5	8	Keep rests to 30 seconds between sets.
Barbell rows	5	8	Keep rests to 30 seconds between sets.
Dumbbell rows	4	10	For each side
Reverse grip lat pulldowns	3	10-12	Keep rests to 30 seconds between sets.
Post-workout cardio	1	1	Perform 20 minutes immediately after weight-training or add this session later in the evening

NOTES:
