

TRAINING PROGRAM: WEEK 3

DAY 18: BACK

| Exercise | Sets | Reps | Comment |
|------------------------------|------|---------|---|
| Morning cardio | 1 | 1 | Perform 45 minutes before consuming food |
| Seated cable rows | 7 | 10-15 | Using straight or EZ-bar with a wide grip |
| One-arm Hammer Strength rows | 6 | 10 | |
| Two-arm Hammer Strength rows | 2 | Failure | Hold the contraction for a second or two on every rep. |
| Banded dumbbell pullovers | 3 | 12 | Secure a heavy band around a stationary object and the dumbbell |
| Smith machine rows | 5 | 10 | Using an underhand grip |
| Assisted pullups | 3 | 12 | Choose the weight that allows for the reps with good form |
| Post-workout cardio | 1 | 1 | Perform 30 minutes immediately after weight-training or add this session later in the evening |

NOTES:
