

# TRAINING PROGRAM: WEEK 4

## DAY 25: BACK (ROWING)

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 50 minutes before consuming food
Single-arm machine low rows	7	10-15	Each arm
T-bar rows	6	8	Dead-stop technique
Underhand-grip cable rows	4	10	
Smith machine rows	4	10-15	
Post-workout cardio	1	1	Perform 35 minutes immediately after weight-training or add this session later in the evening

### NOTES:

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