

TRAINING PROGRAM: WEEK 5

DAY 29: BACK & ABS

Exercise	Sets	Reps	Comment
Morning cardio	1	1	Perform 55 minutes before consuming food
Lat pulldowns	7	15	
Straight-arm pulldowns	4	15-20	
Prone incline lat pulldowns	3	10-15	Performed on incline bench with an underhand grip
SUPERSET			
Close-grip cable pulldowns	3	10-15	
Machine high rows	3	10-15	
Hanging leg raises	4	15	Modify the movement if needed so you feel a contraction in your lower abs
Standing cable crunches	3	15-20	This is an easier weighted move that works your abs from the top of the rectus
Post-workout cardio	1	1	Perform 40 minutes immediately after weight-training or add this session later in the evening

NOTES:
