

**DAY 1: BACK & CALVES**

EXERCISE	WORKING SETS	REPS	STRATEGY
Reverse-grip pulldown	3	16-18	Rest-pause
Straight-arm pullover	3	10-12	Rest-pause
T-bar row	3	16-18	Rest-pause
Bent-over row	3	16-18	Rest-pause
Shrug	3	20	Rest-pause
Seated calf raise	3	30	Rest-pause
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

**NOTES:**

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