

TRAINING GUIDE WEEK 2

DAY 8: BACK & CALVES

EXERCISE	SETS	REPS	STRATEGY
Reverse-grip bent-over row	3	8–10 initial 18–26 total	Drop sets (2) 5–8 more reps per drop
Lat pulldown	3	8–10 initial 18–26 total	Drop sets (2) 5–8 more reps per drop
Single-arm row	3	8–10 initial 18–26 total	Drop sets (2) 5-8 more reps per drop
Seated cable row	3	8–10 initial 18–26 total	Drop sets (2) 5-8 more reps per drop
Seated calf raise	3	8–10 initial 30 total	Drop sets (2) 10 more reps per drop
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:			