

DAY 15: BACK & CALVES

EXERCISE	SETS	REPS	STRATEGY
Giant set #1			
Deadlift	3	10	Giant set #1
Supported bent-over two-dumbbell row	3	10	Giant set #1
Barbell shrug	3	10	Giant set #1
Giant set #2			
Chin-up	3	10	Giant set #2
Reverse-grip pulldown	3	10	Giant set #2
Cable row	3	10	Giant set #2
Seated calf raise	5	50, 40, 30, 20, 10	Basic, but increase weight for each set
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
