

TRAINING GUIDE WEEK 4

DAY 22: BACK & CALVES

EXERCISE	SETS	REPS	STRATEGY	
Pull-up	3	10-12 + 5 partial reps	Regular + partial reps	
Neutral-grip lat pulldown	3	10-12 + 5 partial reps	Regular + partial reps	
T-bar row	3	10-12 + 5 partial reps	Regular + partial reps	
Dumbbell shrug	3	10 + 5 partial reps	Regular + partial reps	
Deadlift	3	10 + 5 partial reps	Regular + partial reps	
Seated calf raise	3	10 + 5 partial reps	Regular + partial reps	
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes	

NOTES:			