

**DAY 29: BACK & CALVES**

EXERCISE	SETS	REPS	STRATEGY
Hammer-strength machine high row	5	25, 20, 15, 10, 5	DTP
Reverse grip bent-over row	5	5, 10, 15, 20, 25	DTP
Bent-over barbell row	5	25, 20, 15, 10, 5	DTP
Smith machine shrug	5	5, 10, 15, 20, 25	DTP
Seated calf raise	6	25, 20, 15, 15, 20, 25	DTP
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

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