

TRAINING GUIDE WEEK 6

DAY 36: BACK & CALVES

EXERCISE	SETS	REPS	STRATEGY
Lat pulldown	5	25, 20, 15, 10, 5	DTP
Reverse-grip pulldown	5	5, 10, 15, 20, 25	DTP
Bent-over dumbbell row	5	25, 20, 15, 10, 5	DTP
Machine iso row	5	5, 10, 15, 20, 25	DTP
Smith machine seated calf raise	6	30, 20, 10, 10, 20, 30	DTP
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:		