

TRAINING GUIDE WEEK 7

DAY 43: BACK & CALVES

| EXERCISE | SETS | REPS | STRATEGY |
|--|------|------------------------|--|
| SUPERSET 1: Neutral-grip pull up & Bent over two-dumbbell traps row | 4 | 20, 15, 10, 5 | DTP with supersets |
| SUPERSET 2: Narrow-grip pulldown & Bent over two-dumbbell row | 4 | 5, 10, 15, 20 | DTP with supersets |
| Deadlift | 6 | 25, 15, 5, 5, 15, 25 | DTP |
| Seated calf raise | 6 | 30, 20, 10, 10, 20, 30 | DTP |
| ніт | 1 | 3 | 4 minutes easy/1 minute full intensity for a total of 15 minutes |

NOTES: