

DAY 50: BACK & CALVES

EXERCISE	SETS	REPS	STRATEGY
Bent-over row	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Neutral-grip pulldown	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Weighted hyperextension	8	20, 15, 10, 5, 5, 10, 15, 20	DTP + DTPXtreme
Seated calf raise	6	30, 20, 10, 10, 20, 30	DTP + DTPXtreme
HIIT	1	3	4 minutes easy/1 minute full intensity for a total of 15 minutes

NOTES:
