

# DAY 2—BACK

EXERCISE	SETS/REPS	COMMENT
Cardio	15 Minutes <input type="checkbox"/>	Steady State Upon Waking
High Machine Lat Pulldowns	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Reverse-Grip Lat Pulldowns	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Reverse-Grip Bent-Over Barbell Rows	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Cable Rows	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set
Dumbbell Deadlifts	3 Sets - 15 Reps / Set <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes and stretch between each set

## NOTES:

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