

# DAY 30—BACK AND ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	25 + 10 minutes <input type="checkbox"/>	Upon waking perform 25 minutes of steady-state cardio followed immediately by 10 minutes of HIIT for 60 seconds on/60 seconds off
Lat pulldowns	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Chin-ups	4 Sets - Failure <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Reverse-grip lat pulldowns with EZ-bar	4 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Unilateral High Row Machine	4 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Bent-Over Dumbbell Rows	3 Sets - 12-15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 2 minutes between sets
Decline Bench Sit-Ups	3 Sets - 10 + 10 +10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Perform 10 reps of opposite elbow to knee; 10 reps of opposite hand to opposite knee; then 10 reps straight up. Rest 1 minute between sets
Cardio	25 + 15 minutes <input type="checkbox"/>	Perform 25 minutes of steady-state cardio followed by 15 minutes of HIIT cardio sessions of 60 seconds on/60 seconds off

## NOTES

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