

DAY 37—BACK AND ABS

EXERCISE	SETS/REPS	COMMENT
Cardio	20 + 10 + 10 minutes <input type="checkbox"/>	Upon waking perform 20 minutes of steady-state cardio followed immediately by 10 minutes of HIIT for 60 seconds on/60 seconds off. Complete your cardio with 10 more minutes of steady state for a total of 40 minutes
Wide-grip Lats Pulldowns	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	GIANT SET: Perform wide-grip lats pulldowns followed immediately by bent-over dumbbell rows, and then immediately by close-grip cable rows. Then rest for 2 minutes between giant sets
Bent-Over Dumbbell Rows	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Close-Grip Cable Rows	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Reverse-Grip Pulldowns	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: Perform reverse-grip pulldowns followed immediately by dumbbell deadlifts, then rest for 2 minutes between supersets
Dumbbell Deadlifts	3 Sets - 15 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Partner-Assisted Medicine Ball Sit-Ups	4 Sets - 30/20/15/10 Reps <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	SUPERSET: For this superset perform sit-ups followed immediately by a 2-minute HIIT session. Do not rest throughout the abs-and-cardio superset
Cardio Interval	4 Sets - 2 minutes <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Cardio	25 + 15 minutes <input type="checkbox"/>	Perform 20 minutes of steady-state cardio followed immediately by 10 minutes of HIIT for 60 seconds on/60 seconds off. Complete your cardio with 10 more minutes of steady state for a total of 40 minutes