

DAY 44—BACK AND TRAPS

EXERCISE	SETS/REPS	COMMENT
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals
Neutral-grip Lat Pulldowns	3 Sets - 15 Reps	CIRCUIT: Perform 1 set of each of the 4 moves of this circuit (neutral-grip lat pulldowns, cable rows, dumbbell deadlifts and kettlebell swings) without rest. Perform as many kettlebell swings as you can in 1 minute. Continue into the next circuit without resting
Cable Rows	3 Sets - 15 Reps	
Dumbbell deadlifts	3 Sets - 15 Reps	
Kettlebell swings	3 Sets - 1 minute	
Unilateral High Rows	3 Sets - 15 Reps	GIANT SET: You'll perform 1 set of each of these 3 exercises in each giant set. The moves: unilateral high rows, shrugs, and step-ups should be performed without resting. Also do not rest between giant sets
Machine Shrugs	3 Sets - 15 Reps	
Step-Ups	1 minutes	
Smith Machine Inverted Pull-ups	3 Sets - 15 Reps	SUPERSET: Perform Smith machine inverted pull-ups followed immediately by a set of combat ropes. Do not rest between or at any point during these 3 super sets
Combat ropes	3 Sets - 1 minute	
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals