

DAY 51—BACK AND TRAPS

EXERCISE	SETS/REPS	COMMENT
Cardio	60 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals
Bent-Over Rows	4 Sets - 15-20 Reps	Rest 2 minutes between sets
Lat Pulldowns	4 Sets - 10-15 Reps	Rest 2 minutes between sets
Reverse-Grip Pulldowns	4 Sets - 10-15 Reps	SUPERSET 1: Perform a set of reverse-grip pulldowns followed immediately by dumbbell pullovers. Rest 2 minutes between supersets
Dumbbell Pullovers	4 Sets - 10-15 Reps	
Seated Cable Rows	3 Sets - 15 Reps	SUPERSET 2: Perform a set of seated cable rows followed immediately by dumbbell deadlifts. Rest 2 minutes between supersets
Dumbbell Deadlifts	3 Sets - 15 Reps	
Cardio	60 minutes	Perform 45 minutes of steady-state cardio on one machine and 15 more minutes on another. Do not rest between

NOTES:
