



# Workout planner

DATE: \_\_\_\_\_ MUSCLE GROUP: **Back Muscles**

**RESISTANCE:** Dumbbells + resistance band

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓
Bentover Row	3	10			
Pullover	3	12			
Rest	3	30 seconds			
Pulldown	3	10 reps			
Shoulder Flexion	3	10 reps			
Hammer Curl	3	12 reps			
Rest	3	45 seconds			
Renegade Row	2	30 seconds			

How To Perform The Workout
Perform the bentover rows and lying pullovers back to back for the repetitions listed. Only rest after the pullovers for 30 seconds. Repeat the two exercises for a total of 3 times through.
Move on to the next three exercises and perform them back to back for the repetitions listed only resting after the hammer curls. Repeat the sequence for a total of 3 times.
Finally, finish off with two sets of the renegade rows with 20 seconds of rest between sets.

