



BACK

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 neutral grip pull-down	2	5-8	
B1 chest supported machine row (upper back focus)	2	5-8	**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)
C1 wide-grip pull ups	2	5-8	
D1 low back extensions	2	6-8	
E1 bent over barbell row (overhand grip)	2	10-12	**Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

PUMP WORK LAT ASTROPHE

Complete as giant set.

A1 rope pullover	3	12-15	3 rounds, 60 seconds between rounds *drop set on each
A2 seated forward lean row	3	12-15	3 rounds, 60 seconds between rounds *drop set on each

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