

5-day/week Strength Training Routine - ST-24

DAY 1 WORKOUT

	B a c k	R e p s
weighted pull-ups (<i>rest 2 minutes between sets</i>)		
set 1	80% of 1-Rep Max	5 reps
set 2	90% of 1-Rep Max	3 reps
set 3	95% of 1-Rep Max	1 rep
set 4	95% of 1-Rep Max	1 rep
set 5	90% of 1-Rep Max	3 reps
set 6	95% of 1-Rep Max	5 reps
super set	seated cable row straight-arms push-down	4 supersets of 5 to 7 reps
alternate	<i>machine row</i>	



www.fitness-and-bodybuilding-workouts.com

