

4-day/week Alternating Intensities Strength Training Routine - ST-22

DAY 1 WORKOUT

High Intensity Workout Program

Back & Rear Shoulders		Sets							
		1	2	3	4	5	6	7	8
	lat pull-ups (weighted or bodyweight)	3 to 5			5 to 7			7 to 9	
alternate	lat pull-up (wide grip to rear)	3 to 5			5 to 7			7 to 9	
alternate	wide-grip (to the neck)	3 to 5			5 to 7			7 to 9	
alternate	V-bar pull-up (to the chin)	3 to 5			5 to 7			7 to 9	
	bent-over one-arm dumbbell row	3 to 5			5 to 7			7 to 9	
alternate	dead row	3 to 5			5 to 7			7 to 9	
alternate	T-bar dead row	3 to 5			5 to 7			7 to 9	
alternate	seated machine row	3 to 5			5 to 7			7 to 9	

super set

DAY 2 WORKOUT

Light Intensity Workout Program

		Sets							

super set

Notes

DAY 3

DAY 4

