

Workout 2 Back rear delts triceps

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Make sure every rep is hard

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Regular workout

Created by Dylan Miranda on Today, last updated on Today.

est. 47 minutes

Equipment

Body weight Cable Dumbbell Machine Suspension Swiss ball

Instructions

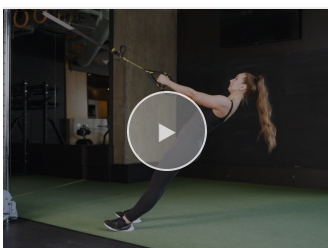
Make sure every rep is hard

	Suspension Low Row	3 sets x 10	👉 Rest 45 sec between sets
	Trap Bar Deadlift	3 sets x 10	👉 Rest 45 sec between sets
	Machine Assisted Chin Up	3 sets x 10	👉 Rest 45 sec between sets
	Cable Seated Close Grip Row	4 sets x 12	👉 Rest 45 sec between sets
	Face Pull	3 sets x 15	👉 Rest 45 sec between sets
	Dumbbell Incline Bench Back ...	3 sets x 15	👉 Rest 45 sec between sets
	Cable Straight Bar Tricep Pus...	3 sets x 15	👉 Rest 45 sec between sets

Superset of 3 sets

	Body Weight Single Leg Dea...	45 sec
	Stability Ball Dead Bug	45 sec
	Rest for 90 sec	

↶ Repeat new set



Suspension Low Row

- 1.When performing this exercise, you wanna keep your core engaged and glutes on. This will help maintain neutral spine.
- 2.When performing the row itself, you wanna pull your hands and elbows down towards the bottom of your rib cage.
- 3.With your arms extended, lean back and adjust your relative position to change the degree of difficulty.
- 4.To make this exercise more challenging, walk your feet towards the straps. If you wanna make it easier, walk your feet away.

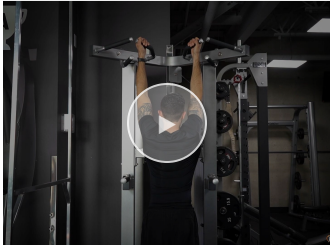


Trap Bar Deadlift



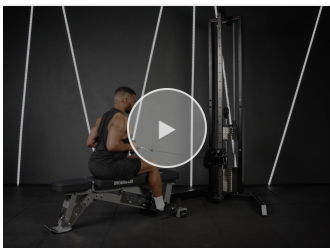
1. When performing this exercise, maintain a back that is in slight extension.
2. Keep your hips high (relative to a squat where your hips will be lower). When you set your feet, keep them roughly hip-width, or with a little bit of a turn-out.
3. Stand in the center of the apparatus and grasp the centre point of both handles. Lower your hips, look forward with your head and squeeze your shoulder blades together to keep your back set. Raise your hips without losing your set back position. This will be your starting position.
4. Begin the movement by driving through the heels and extend your hips and knees. Avoid rounding or hyper-extending your back at all times.
5. At the completion of the movement, lower the weight back to the ground under control. Back to starting position.

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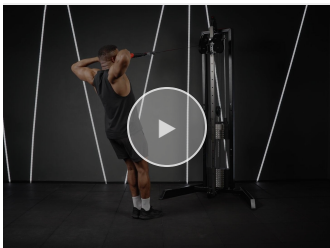
Machine Assisted Chin Up

1. Start by kneeling on the pad of the assisted chin-up machine. Grab the handles with your palms facing towards you.
2. Slowly lower yourself until your elbows are completely straight, and you're in a hanging position.
3. Pull yourself up as high as you can under control. Repeat.
4. Remember; the more weight you use with this exercise, the easier it is.



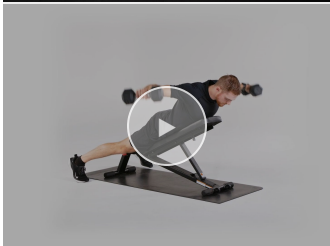
Cable Seated Close Grip Row

1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle returning to starting position. Remain upright throughout and do not sway back and forth.
4. Repeat.



Face Pull

1. Stand upright holding a rope with your palms facing each other arms straight at shoulder height and your back flat.
2. Pull the rope straight in toward your face, bending elbows up and high, full extension.
3. Remain upright throughout and do not sway back and forth.



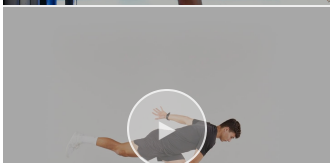
Dumbbell Incline Bench Back Fly

- 1) When performing this exercise, ensure that you squeeze your shoulder blades together to lift the dumbbells.
- 2) Keep a soft elbow bend.
- 3) Lie down on an incline bench. Have the dumbbells in each hand with the palms facing each other.
- 4) Move the weights out and away from each other in an arc motion.
- 5) The arms should be elevated until they are parallel to the floor.
- 6) Slowly lower the weights back down.
- 7) Repeat.



Cable Straight Bar Tricep Pushdown

- 1) Grip the bar in both hands at chest level with your elbows bent.
- 2) Push the bar down, fully extending your arms and keeping your shoulders steady.
- 3) Your hands should finish at the top of your thighs in the downward position.



Body Weight Single Leg Deadlift

- 1) When performing this exercise, ensure that your upper body maintains a safe position for your back. Chest up, a slight arch or neutral spine.
- 2) Stand on one leg and tip at the hips sitting back into your heel on your standing leg.

2) Stand on one leg and tip at the hips sitting back into your heel on your standing leg.

3) Squeeze your glutes and stand.

4) Repeat.

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Stability Ball Dead Bug

1) When performing this exercise, you'll want to keep your abdominal pulled in.

2) If you have a small towel, place it under your lumbar spine. This will help you maintain neutral spine and give you something to push against while performing the exercise.

3) Begin lying on your back while squeezing the ball between your knees and your arms. This will be your starting position.

4) Initiate the exercise by extending one leg, straightening the knee and hip to bring the leg towards the ground. Only go as far as you can to maintain your back against the ground. And move the opposite hand towards the ground above your head.

5) Your lumbar position must be maintained against the towel throughout the exercise.

6) Keep your abdominals drawn in and tight, and return the moving leg and arm to the starting position.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Suspension Low Row	reps		reps		reps			
Trap Bar Deadlift	reps x	lbs	reps x	lbs	reps x	lbs		
Machine Assisted Chin Up	reps x	lbs	reps x	lbs	reps x	lbs		
Cable Seated Close Grip Row	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Face Pull	reps x	lbs	reps x	lbs	reps x	lbs		
Dumbbell Incline Bench Back Fly	reps x	lbs	reps x	lbs	reps x	lbs		
Cable Straight Bar Tricep Pushdown	reps x	lbs	reps x	lbs	reps x	lbs		
Body Weight Single Leg Deadlift	reps		reps		reps			
Stability Ball Dead Bug	reps		reps		reps			

Previous Stats