

GYM RETRO



BACK PROGRAM

EXERCISE

-SETS -REPS

RECORDED WEIGHT

EACH EXERCISE HAS A YOUTUBE VIDEO LINK
CLICK ON THE EXERCISE TO VIEW VIDEO

CARDIO WARM UP

5 MINS

CHIN UPS

**10 REPS
2-3 SETS**

DUMBBELL SNATCH

**20 REPS L-R
1 SET**

CABLE ROW

**10 REPS
2-3 SETS**

LOWER BACK EXT

**10 REPS
2 SETS**

REVERSE LAT PULL DOWN

**10 REPS
2-3 SETS**

DIPS

**15 REPS
1 SET**

PULL UPS

**15 REPS
1 SET**

REVERSE CABLE FLIES

**10 REPS
2-3 SETS**

DEADLIFTS

**15 REPS
2 SETS**



Adobe Acrobat Reader

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK