

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 - 10 MINS

LOWER BACK EXT

**10 REPS
2-3 SETS**

DUMBBELL ROW

**10 REPS
2-3 SETS**

BARBELL BENT OVER ROW

**10 REPS
2-3 SETS**

CLOSE GRIP BENCH PRESS

**15 REPS
2 SETS**



Adobe Acrobat Reader

DUMBBELL REAR FLIES

**10 REPS
2-3 SETS**

BARBELL CRUNCHES

**10 REPS
2-3 SETS**

CABLE ROW

**10 REPS
2-3 SETS**

COBRA STRETCH

**30 - 60
SECONDS**

TEXT 0409 248 686 - FOR A SUPPORT CALL BACK