

# Back Workout Tips

Think of 3 different pull exercises, like these. Keep in mind you can change your grip from overhand, underhand, close, wide, or a neutral hold.

Example:

1. ASSISTED PULL UPS (underhand, close grip) 4 sets w/3-4 min. rest in-between  
\*6-12 reps (I pull up until I CAN'T) at first I may get 12 and then it gets more difficult.
2. SEATED ROWS (overhand neutral grip) 4 sets w/3-4 min. rest in-between.  
\*6-12 reps (I keep adding weight to make it difficult to do 12 reps and still keep good form)
3. BENT OVER ROWS 4 sets w/3-4 min. rest in-between.  
\*6-12 reps (I keep adding weight to make it difficult to do 12 reps and still keep good form)