



SUPER-BACK



*All exercises below are to be performed with max intent for strength & hypertrophy adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises & Rest 2-3 minutes b/w rounds

No.	Movement Type	Exercise Options	Intensity (Percent)	Volume (reps)
1	Heavy Upper Pull	BB Chest Supported Row, BB Bent Over Row, BB Pendlay Row, Landmine Row, BB Rack Pull	80-100%	4-6
2	Medium Upper Pull	Pull Up, Chin Up, DB SA Row, DB Chest Supported Row, DB Pullover, DB Bent Over Row	55-75%	8-12
3	Light Upper Pull	OH Lat Pulldown, UH Lat Pulldown, Narrow Lat Pulldown, Cable Row, TRX Row, Cable Straight Arm Pulldown	35-55%	15-25

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