

Week 1

Saturday - Max Effort (ME) Back

Warm-up

Reverse hyperextensions 3x12 (legs up)

- 1 - 12
- 2 - 12
- 3 - 12

Band rotator cuffs 3x20

- 1 - 20
 - 2 - 20
 - 3 - 20
- both sides*

Rack pulls low pin conventional dead lifts 8x3, 3x1

- 1 135
 - 2 185
 - 3 205
 - 4 205
 - 5 210
 - 6 225
 - 7 225
 - 8 235
- Knee High*

3x1

- 1 275
- 2 325
- 3 ~~325~~ 330*

Lower back- hyperextension 4x12 weighed (reverse situp)

- 1 - 12 (no weight)
- 2 10 x 25 lbs
- 3 8 x 25 lb
- 4 BRW x 10

Abs- high rope pulls on knee's 4x8 heavy

- 1
 - 2
 - 3
 - 4
- wasn't feeling well*

Wide lat pull downs 4x12

- 1 - 100 x 12
- 2 100 x 10
- 3 100 x 8
- 4 87 x ~~10~~ 8

High pulls green bands 4x20 reps

- 1 - 20
- 2 - 20
- 3 - 20
- 4 - 20

Cardio: Incline 15 (15-20 minutes)

wasn't feeling