



Swolepires, LLC

Back Blaster #1

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Barbell Deadlift 5 sets of 5 reps					
Barbell bent over row (overhand grip) 3 sets of 6-8 reps					
Barbell Bent over row (underhand grip) 3 sets of 6-8 reps					
Dumbbell Row (Lawnmowers) 3 sets of 6-8 reps					
Bodyweight Pullups (wide grip) 3 sets of Failure					
Bodyweight Pullups (regular grip) 3 sets of Failure					
Dumbbell Shrugs 3 sets to Failure					