

Back Workout

Lats / Mid-back / Rear delts / Core

NEW CLIENT FOUNDATION

WARM-UP

EXERCISE	SETS	REPS	REST	NOTES
Incline walk	1	15 min	—	3.0–3.5 mph, incline 6–10%. Tall posture

CORE CIRCUIT • 3 ROUNDS

EXERCISE	SETS	REPS	REST	NOTES
Weighted side plank	3	20–40 s each side	30–45 s	Light DB or plate on top hip. Hips stacked
Lying toe touches	3	12–15	30–45 s	Curl upper back off the floor. Control the return
Russian twists	3	12–16 total	60–90 s after round	Knees bent, lean back slightly, rotate side to side

MAIN WORKOUT

EXERCISE	SETS	REPS	REST	NOTES
01 • Lat pulldown	3	10–12	105 s	Or assisted pull-up. Elbows down and back, chest up
02 • Seated cable row	3	10–12	105 s	Or chest-supported DB row. Squeeze shoulder blades
03 • Single-arm dumbbell row	3	10–12 / arm	105 s	Support on a bench. Elbow past the hip
04 • Straight-arm lat pulldown	2–3	12–15	100 s	Or DB pullover. Minimal elbow bend
05 • Face pulls	2–3	12–15	90 s	Rope or band. Pull to face with external rotation