



## Bulletproof Back

Exercise	Sets	Reps
Dynamic Warm Up/Stretch (Run, Jump Rope, etc.)	1	5-10 mins
Pull Up	5	8
Barbell Row	3	12
Lat Pull	3	12
Seated Cable Row	3	12

**Pull Up Note:** Use bands if assistance is needed.

**Load:** For this workout, make sure to find your 1 rep max. Start light, work until it feels heavy. After you find your 1RM, use about 70-75% of that weight.

**Rest:** 30-45 seconds between sets. About 1-2 minutes between exercises.