

Lincs
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Strength Programme Card

BACK WORKOUT

STRENGTH PROGRAMME CARD

BACK WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	5 mins on Any Cardio Machine	N/A	N/A
Lat Pulldown machine	1 x 15-20 reps 3 x 10 reps	Pull Ups	Lighter weight
Seated Row	3 x 10 reps	10, 8, 6 reps getting heavier	Lighter Weight
Single Arm Dumbbell Row	3 x 10 reps	10, 8, 6 reps getting heavier	Use a Barbell
To Finish Lat Pulldown Machine	4 x 15 reps Under hand Grip	15, 12, 10, 10 getting heavier	Drop Set

NOTE: If you require any help please ask a Lincs Inspire Instructor

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