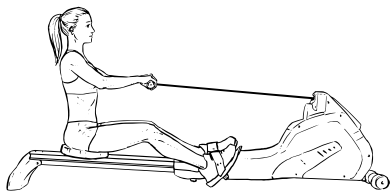


# Intro to Weightlifting 5

55 min · Arms, Back, Cardio, Legs, Shoulders

Hump day has arrived and the back and biceps long for some attention. Give them all they need with this workout. Things will be very different this time next week!

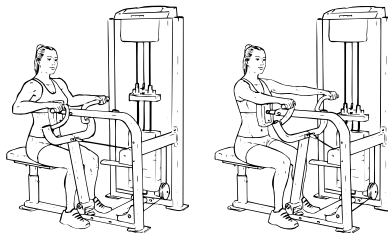
## Cardio - Rowing Machine



5 min

Your 5-minute warm up. Can you remember last week's distance? There's no harm in beating it, just a little..

## Seated Machine Back Row

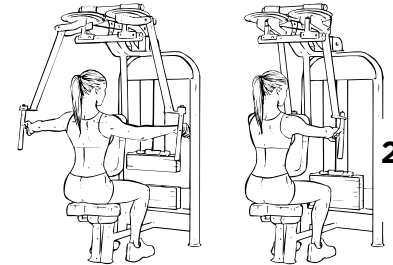


2:00 rest

3 sets 12 reps 60 sec rest

Keep your chest against the rest pad, there should be no leaning here or there.

## Rear Delt Machine Flies

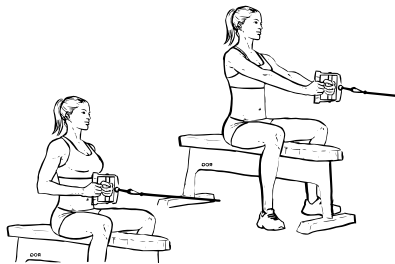


2:00 rest

2 sets 12 reps 60 sec rest

The antagonist of the pec dec, notice that we're training opposite muscles now?

## Low Cable Back Rows

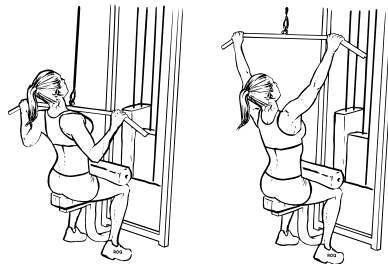


2:00 rest

2 sets 20 reps 60 sec rest

20 reps means that you're to use a lighter weight. We're training your endurance here!

## Wide-Grip Lat Pulldowns

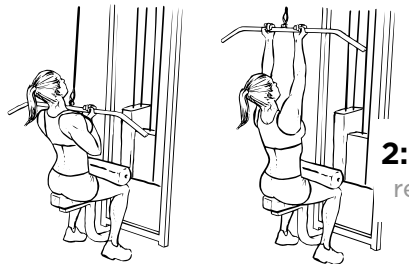


2:00 rest

3 sets 12 reps 60 sec rest

By reducing the reps from last week, we can now increase the weight load. Aim to really feel it at 12 reps.

## Close Grip Lat Pulldowns

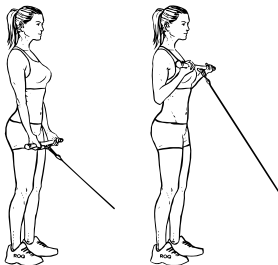


2:00 rest

2 sets 12 reps 60 sec rest

Now for the bicep work. Check your form (and your awesomeness) in a nearby mirror.

## Standing Bicep Cable Curls

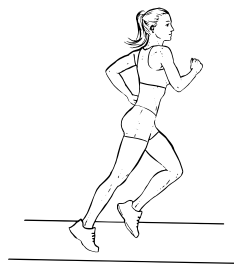


1:30 rest

3 sets 10 reps 60 sec rest

Our final 'gun'workout for today. Check out that pump!

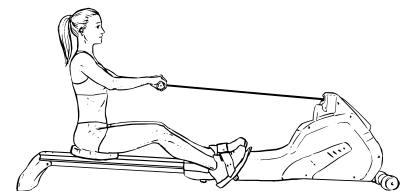
## Cardio - Running



5 min

Can you sprint for the final 15 seconds? Go for it!

## Cardio - Rowing Machine



1:30 rest

5 min

A nice and steady row to make your back aware the workout is complete. Well done!

## Cardio - Rowing Machine

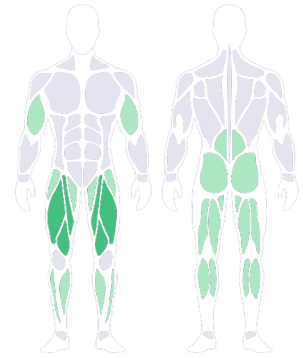
Primary muscle group(s):

**Quadriceps**

Secondary:

**Biceps, Calves, Glutes & Hip Flexors, Hamstrings, Lower Back**

No specific instructions for this exercise.



## Seated Machine Back Row

Primary muscle group(s):

**Middle Back / Lats**

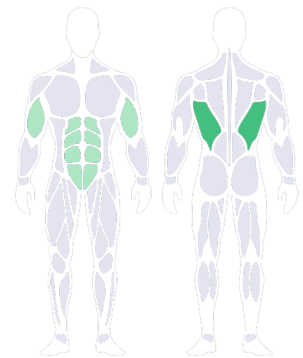
Secondary:

**Abs, Biceps**

Seat yourself at a Row Machine and select the appropriate weight. Sit up straight with a tight core. Reach forward and take an overhand grip on the bar in front of you. Activate your lats before the movement.

Pull the bar towards you, emphasizing the lat movement. Pause when the bar is at your sides and squeeze your back.

Slowly, return the bar to the starting position but do not set it down. Repeat the movement, ensuring your back is activated throughout.



## Rear Delt Machine Flyes

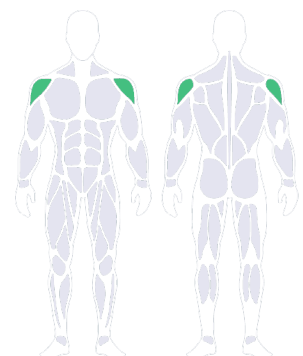
Primary muscle group(s):

**Shoulders**

Adjust the seat on the Rear Delt Machine so that your chest is against the padding and the handles are at shoulder level. Tighten your core throughout the movement.

Holding on to the handles in front of you, engage your rear delt muscles (back of the shoulder). Pull the weight, focusing all of the tension in your shoulder muscles.

Pause when the handles are at your sides then slowly return to the starting position. Do not allow the plate to touch the weight stack.



## Seated / Low Cable Back Rows

Primary muscle group(s):

**Lower Back**

Secondary:

**Biceps, Shoulders, Upper Back & Lower Traps**

Connect a V-bar attachment to the low pulley on a cable station or cable rowing machine.

Sit down at the station and place your feet on the foot pads or crossbar provided, while keeping your knees slightly bent.

Lean forward, keeping your back straight and grip the V-bar handles with both hands.

Keeping your arms fully extended pull back until your torso is at a 90-degree angle from your legs.

Your back should be slightly arched, with your chest should be pushed out. This is the start position.

Keeping your torso stationary, pull the handles back towards you while squeezing your back muscles.

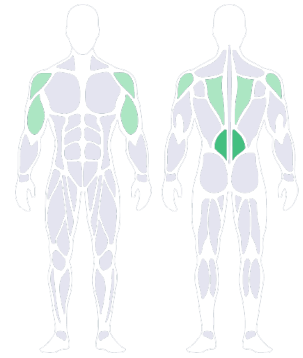
Keep your arms close to your sides until your hands reach your abdomen. Exhale as you perform this movement.

Hold for a count of one.

Inhale as you return to the start position in a smooth movement.

Repeat.

**!** Do not swing or rock back and forth as you perform this exercise. Doing so can cause lower back injury. You can perform this exercise using a straight bar instead of a V-Bar. You can use an underhand or overhand grip.



## Wide-Grip Lat Pulldowns / Pull Downs / Pullovers

Primary muscle group(s):

**Lower Back, Middle Back / Lats**

Secondary:

**Abs, Biceps**

Set up a cable station with a straight bar attached to the top pulley.

Sit on the seat facing the station. Keep your feet flat and planted firmly on the floor.

Using an overhand grip, hold the bar as wide as comfortable. (Your hands should be about 1 1/2 - 2 times body width apart.)

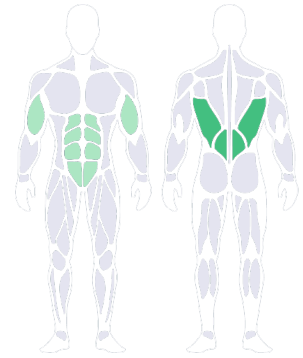
Lean back slightly without arching your back.

Pull the bar towards the top of your chest using your shoulders while arcing your elbows out to the sides of your body.

At the end of the movement squeeze your shoulders together slightly and hold for a count of one.

Return to the start position by arcing your elbows forward while relaxing your shoulders.

Repeat.



## Close Grip Lat Pulldowns / Pull Downs / Pullovers

Primary muscle group(s):

**Middle Back / Lats**

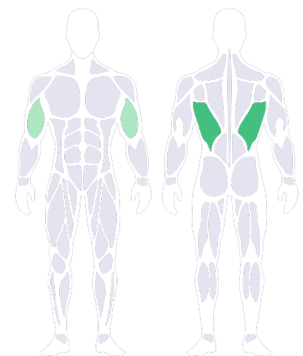
Secondary:

**Biceps**

Sit at a Lat Pulldown machine and secure your legs underneath the padded surface. Select an appropriate weight on the stack. Reach up to grab the barbell, taking a close-grip. Your hands should be at or closer than shoulder-width.

Tighten your core and keep your chest up as you pull the barbell down and towards your chest. Be sure to pull with your lat muscles.

Once the bar is at your chest, slowly allow it to return to the starting position but don't let the weight stack touch. Repeat.



## Standing Bicep Cable Curls

Primary muscle group(s):

**Biceps**

Secondary:

**Abs, Forearms**

Set up a cable station with a straight bar attachment connected to the low pulley.

Stand close to the station, feet shoulder width apart either side of the pulley.

Grip the bar with a shoulder width underhand grip.

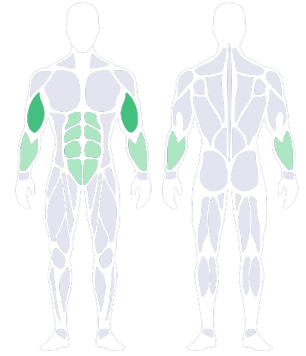
Keep your elbows close to your sides.

Curls your arms upward from the elbows in a smooth arc.

Continue until your forearms are vertical with your palms facing your shoulders. Hold for a count of one while flexing your biceps.

Lower the bar back to the starting position in a smooth motion.

Repeat.



## Cardio - Running / Jogging / Treadmill

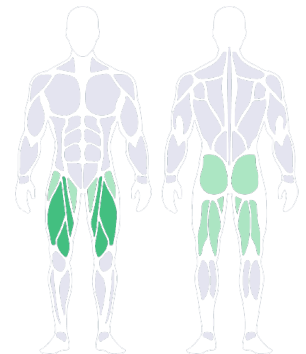
Primary muscle group(s):

**Quadriceps**

Secondary:

**Glutes & Hip Flexors, Hamstrings**

No specific instructions for this exercise.



## Cardio - Rowing Machine

Primary muscle group(s):

**Quadriceps**

Secondary:

**Biceps, Calves, Glutes & Hip Flexors, Hamstrings, Lower Back**

No specific instructions for this exercise.

