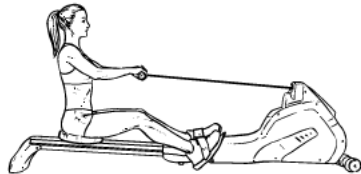


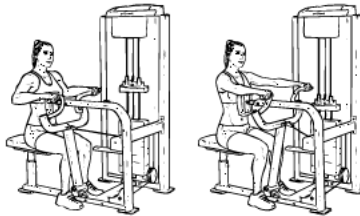
Cardio - Rowing Machine



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

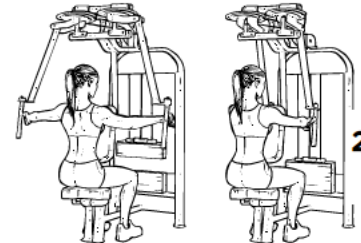


2:00
rest

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

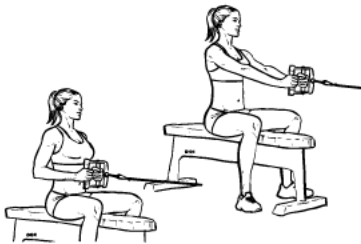


2:00
rest

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

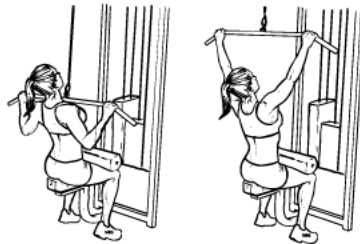


2:00
rest

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

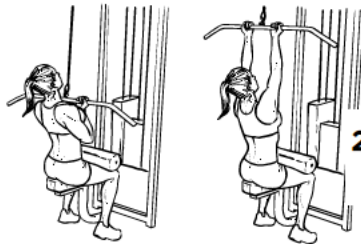


2:00
rest

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

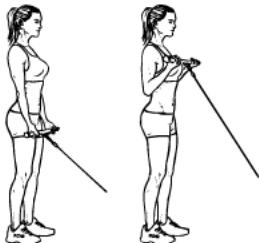


2:00
rest

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!

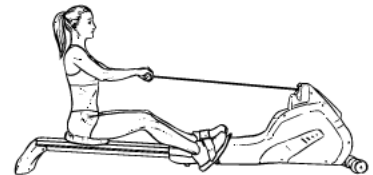
Cardio - Running



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!