



Workout Routine Sample

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Barbell Workout Routine for Back

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Workout Routine Snapshot

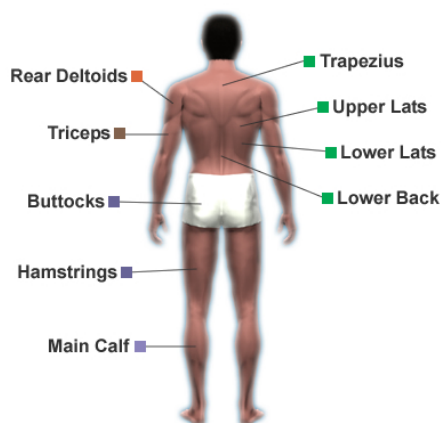
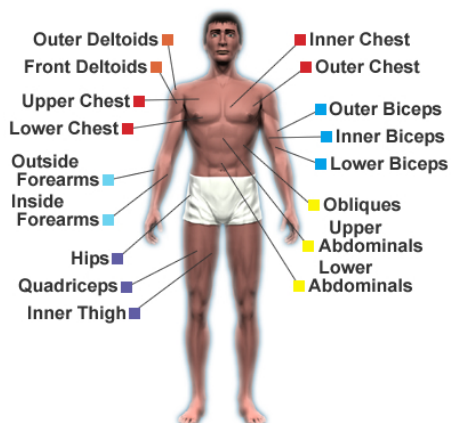
1 Workout Days

0 Cardio Exercises









4 Strength Training →









0 Stretching Exercises

4 ■ Back



Barbell Workout Routine for Back - Day 1

Cardio / Strength Training		# of Sets	# of Reps	Progress Log							
■ Back Deadlift (Barbell)											
		3	6								
■ Back Shrug (Barbell)											
		3	6								
■ Back Power Clean and Press											
		3	6								
■ Back High Pull											
		3	6								

 	<p>■ Back Deadlift (Barbell)</p> <p>Secondary Muscles Buttocks, Thighs, Lower Back</p> <p>Starting Position Crouch down to reach the barbell on the floor and grab it with both hands in a medium-grip position, arms extended, legs at shoulder width.</p> <p>Motion Raise yourself up while keeping your arms extended and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Breathe out while raising yourself and breathe in while lowering yourself back.</p>
 	<p>■ Back Shrug (Barbell)</p> <p>Secondary Muscles Trapezius</p> <p>Starting Position Stand up and hold the barbell down in front of your thighs, arms extended and palms facing back.</p> <p>Motion Raise the barbell by raising your shoulders straight up and lower it slowly back down after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>
 	<p>■ Back Power Clean and Press</p> <p>Secondary Muscles Thighs, Front Deltoids, Outer Deltoids, Rear Deltoids, Trapezius</p> <p>Starting Position Crouch down to reach the barbell on the floor and grab it with both hands in a medium-grip position, arms extended, legs at shoulder width.</p> <p>Motion Raise the bar by standing up and continue on by raising your arms until the bar is up at arms' length and lower it back after a short pause.</p> <p>Tips/Caution Breathe out while raising the barbell and breathe in while lowering it back.</p>
 	<p>■ Back High Pull</p> <p>Secondary Muscles Thighs, Rear Deltoids, Trapezius</p> <p>Starting Position Crouch down to reach the barbell on the floor and grab it with both hands in a medium-grip position, arms extended, legs at shoulder width.</p> <p>Motion Raise the bar by standing up and continue on by raising your arms until the bar reaches shoulder level and lower it back after a short pause.</p> <p>Tips/Caution Breathe out while raising the barbell and breathe in while lowering it back.</p>