



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



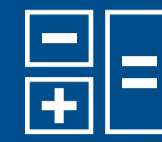
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Tools

2 WORKOUTS TO HELP GROW YOUR BACK IN 8 WEEKS

Upgrade your back with this ultimate back workout program that includes 2 separate workouts that'll take your back development to the next level!

Link to Workout: <https://www.muscleandstrength.com/workouts/2-workouts-to-help-grow-your-back>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Roger "Rock" Lockridge](#)

Workout A (Weeks 1, 3, 5, 7)

Exercise	Sets	Reps
Barbell Row	5	5
One Arm Dumbbell Row	3	8
Wide Grip Lat Pulldown	3	10
High Machine Seated Row	3	12

Workout B (Weeks 2, 4, 6, 8)

Exercise	Sets	Reps
Pullup	4	8
Dumbbell Pullover	3	10
T-Bar Row	3	10
Single Arm Cable Pulldown	3	12