



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



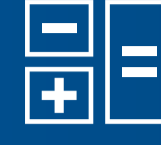
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8 WEEK INTENSE BACK WORKOUT

This 8 week intense back workout uses variation and intensity techniques to really get some serious growth in your back muscles! Bust through plateaus!

Link to Workout: <https://www.muscleandstrength.com/workouts/36-8-week-intense-back-workout.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Cables

Author: Team Muscle & Strength

Weeks 1 & 5

Exercise	Sets	Reps
Wide Grip Pull Ups	4	Max
Superset		
Lat Pulldown	4	10
Seated Row	4	10
Bent Over Barbell Row	4	10
Perform 5 Mins Cardio Warm Up & 2 light sets before starting the working phase.		

Weeks 2 & 6

Exercise	Sets	Reps
Superset		
Assisted Pull Ups	4	15
Lat Pulldowns	4	10
Seated Row (Drop Set)	3	Max
Bodyweight Row	4	10, 10, 8, 6
One Arm Cable Row (3 - 1 - 3 Rep Timing)	3	10
Perform 5 Mins Cardio Warm Up & 2 light sets before starting the working phase.		

Week 3 & 7

Exercise	Sets	Reps
Wide Grip Pull Ups	4	Max, 10, 8, 8
Lat Pulldowns	3	10, 10, 10
Bent Over Row	4	8, 6, 6, 5
One Arm Cable Row (3 - 1 - 3 Rep Timing)	4	15
Perform 5 Mins Cardio Warm Up & 2 light sets before starting the working phase.		

Week 4 & 8

Exercise	Sets	Reps
Triset		
Assisted Pull Ups	3	10
Lat Pull Down	3	10
Seated Row	3	10
Straight Arm Lat Pulldown (2 - 1 - 2 Rep Timing)	3	12
Bodyweight Row	3	Max
Perform 5 Mins Cardio Warm Up & 2 light sets before starting the working phase.		