



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



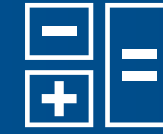
Diet Plans



Expert Guides



Videos



Tools

BACK BLAST! 8 WEEK PROGRAM TO BUILD YOUR BACK

Blast your back with this back workout and experience some serious back gains! This comprehensive workout hits every muscle in the back for optimal growth!

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

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45 - 60 Mins

Equipment: Dumbbells, Machines, Other

Target Gender: Male & Female

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

Back Blast Workout

Exercise	Sets	Reps
Assisted Pull Up	3	10
One Arm Machine Row	4	8 - 10 Each
T-Bar Row	4	10 - 12
Pullover	3	10 - 12
Low Back Extension (drop set)	3	12 / 12