



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



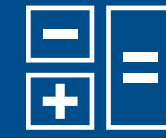
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THE COBRA WORKOUT: HEAVY HIGH VOLUME BACK PROGRAM

Want to look like a cobra? Build an impressive V-taper with two great workouts; a high intensity day to begin the week & some serious volume to end it!

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

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 2 Days

Time Per Workout: 60-90 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells
Author: Coach Dustin Myers

Monday: Super Thick Workout

Exercise	Sets	Reps
Deadlift	5	3
Superset		
Rack Pulls	5	3
Weighted V - Bar Pull Ups	5	5
T - Bar Row	5	10, 8, 5, 5, 3
Triset		
Iso-Dumbbell Rows	3	6 Each Arm (Pause at Top)
Standing Dumbbell Row	3	5 Each Side
Farmer's Walk	3	100 Ft
Reverse Hyperextension	3	10 (No Weight, Pause at Top)

Thursday: Airplane Wing “Lat Attack”

Exercise	Sets	Reps
Superset		
Wide Grip Lat Pulldowns	10	10*
Seated Row	10	20*
Superset		
Barbell Row	4	5
Straight Arm Pulldowns	4	8
Superset		
Wide Grip Pull Ups	10	10**
Barbell Shrugs	10	10
Barbell Rollouts	1	50

* Lower Pulldowns by 1 rep and lower Seated Rows by 2 reps (i.e. 10 & 20, 9 & 18, 8 & 16, etc.) after each set.

** Alter rep count if unable to perform 10 strict reps for Pull Ups.