



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



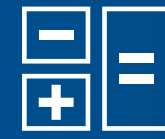
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BUILD A “HOSS” BACK W/FOUAD ABIADS’S BACK WORKOUT

Build a “Hoss” back with Fouad “Hoss” Abiad’s heavy bodybuilder back workout! See which exercises this 20 year bodybuilding vet selects and why!

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

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Cables, Machines, Other

Author: Team M&S

Fouad Abiad’s Back Workout Program

Exercise	Sets	Reps
1. Hammer Strength Lat Pull Down	4	12 - 15
2. Heavy Deadlift	5	5 - 8
3. Assisted Pull Up	4	10 - 12
4. Heavy T-Bar Row	5	7 - 10
5. Straight Arm Pull Down	3	12 - 15