



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



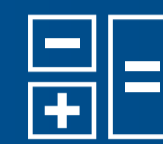
Diet Plans



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Tools

JOHN MEADOWS: HIS JOURNEY TO THE ARNOLD, BRAND, & WORKOUT

IFBB Pro John Meadows' work ethic is like no other. Read about his humbling journey to competing in front of his home town at this years Arnold Classic.

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

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Roger "Rock" Lockridge

John Meadows Back Training

Exercise	Sets	Reps
Hammer Row (DY Row)	4*	10
One Arm Barbell Row	4	8
Pullovers (Machine Preferably)	4*	8
Facing Away Lat Pulldown	4	10
Reverse Hyperextension	3	15
Rack Pulls	3	6

*On final set, perform drop sets of 6.