



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Videos



Tools

## THE PERFECT BACK WORKOUT TO INCREASE YOUR WINGSPAN

Want to increase the overall size of your back muscles? Check out this workout guaranteed to increase your wingspan by adding muscle mass to your back.

Link to Workout: <https://www.muscleandstrength.com/workouts/increase-your-wingspan-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, Bodyweight, Cables, Dumbbells, Machines

**Author:** Team Allmax

### Andre's Back Workout

Exercise	Sets	Reps
Narrow Unilateral <a href="#">Lat Pulldown</a>	3	15, 12, 10*
Wide Unilateral <a href="#">Lat Pulldown</a>	3	15, 12, 10*
<a href="#">Wide Pronated Grip Pull Ups</a> w/ Chains	3	15, 12, 10*
<a href="#">Deadlift</a> w/ Chains	3	15, 12, 10*
Rope T - Bar Rows w/ Chains	3	15, 12, 10*
Wide <a href="#">Unilateral Dumbbell Row</a>	3	15, 12, 10*
Unilateral Barbell Row (Meadow's Row)	3	15, 12, 10*

\* Perform 2 drop sets to failure, the first decreasing the weight by ¼ of the initial weight, the second by ½ of the initial weight.