



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



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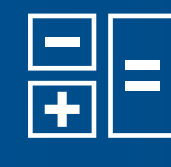
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## ROGER LOCKRIDGE'S INTENSE 4 WEEK SUPERSET BACK WORKOUT

Emphasize your back muscles with this 4 week Superset routine that's designed to intensify and maximize your time at the gym for killer results.

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

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 4 Weeks  
**Days Per Week:** 1 Day

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Cables, Dumbbells, Machines  
**Author:** Roger "Rock" Lockridge

### Week 1

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">T - Bar Row</a>	3	10 - 12
<a href="#">Two Arm Dumbbell Row</a>	3	10 - 12
<b>Superset</b>		
<a href="#">Wide Grip Pulldown</a>	3	10 - 12
<a href="#">Reverse Grip Pulldown</a>	3	10 - 12
<b>Superset</b>		
Rack Pull Deadlift	3	10 - 12
<a href="#">Hyperextension</a>	3	10 - 12
Rest for 1 Min between supersets.		

### Week 2

Exercise	Sets	Reps
<b>Superset</b>		
Rack Pull Deadlift	3	10 - 12
<a href="#">Hyperextension</a>	3	10 - 12
<b>Superset</b>		
<a href="#">Wide Grip Pulldown</a>	3	10 - 12
<a href="#">Reverse Grip Pulldown</a>	3	10 - 12
<b>Superset</b>		
<a href="#">T - Bar Row</a>	3	10 - 12
<a href="#">Two Arm Dumbbell Row</a>	3	10 - 12
Rest for 1 Min between supersets.		

### Week 3

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">Two Arm Dumbbell Row</a>	3	10 - 12
<a href="#">T - Bar Row</a>	3	10 - 12
<b>Superset</b>		
<a href="#">Reverse Grip Pulldown</a>	3	10 - 12
<a href="#">Wide Grip Pulldown</a>	3	10 - 12
<b>Superset</b>		
<a href="#">Hyperextension</a>	3	10 - 12
Rack Pull Deadlift	3	10 - 12
Rest for 1 Min between supersets.		

### Week 4

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">Hyperextension</a>	3	10 - 12
Rack Pull Deadlift	3	10 - 12
<b>Superset</b>		
<a href="#">Reverse Grip Pulldown</a>	3	10 - 12
<a href="#">Wide Grip Pulldown</a>	3	10 - 12
<b>Superset</b>		
<a href="#">Two Arm Dumbbell Row</a>	3	10 - 12
<a href="#">T - Bar Row</a>	3	10 - 12
Rest for 1 Min between supersets.		