

JEREMY FIT
BUENDIA FITNESS



12-WEEK GUIDE : BUILDING A LEGENDARY BACK

BY JEREMY BUENDIA

BUILDING A LEGENDARY BACK

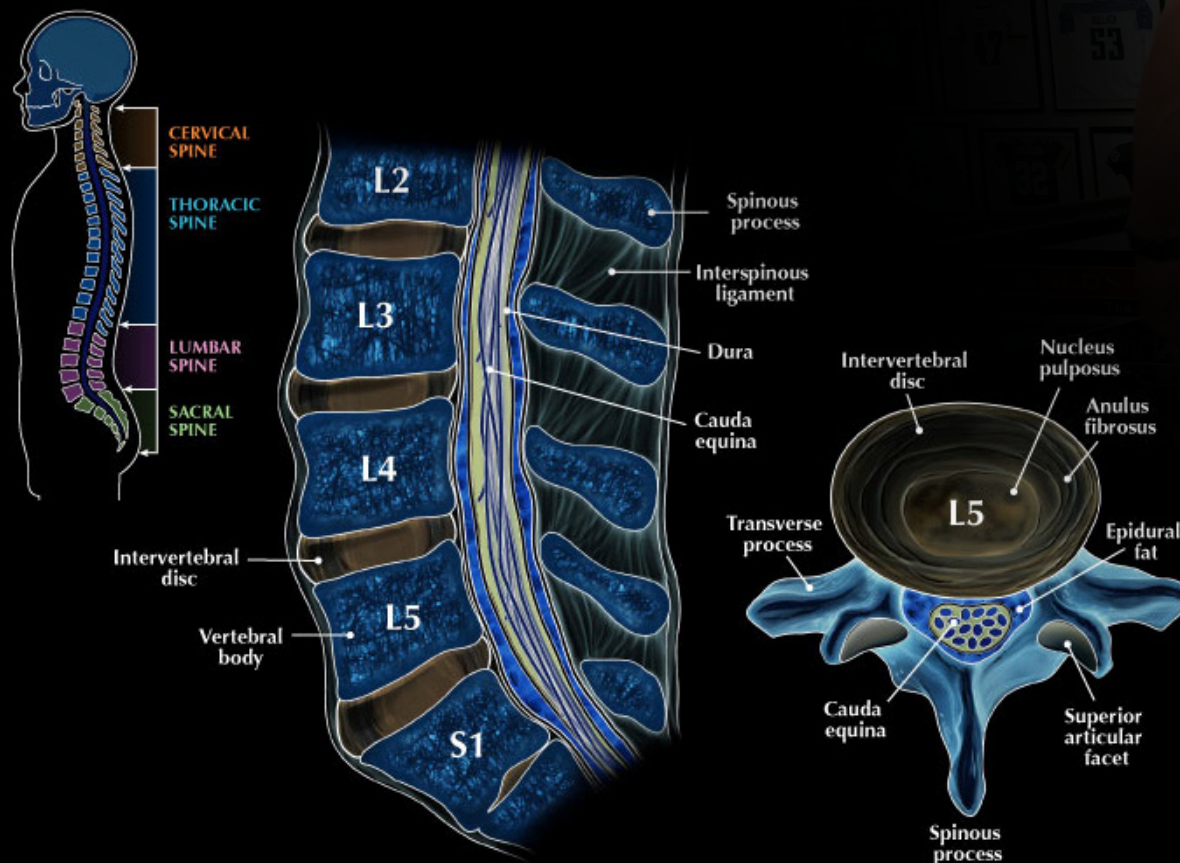
It's hard to pay attention or necessarily care about something you don't visually see on a regular basis. Some may feel that when it is out of sight, it is out mind. This is the case for a lot of individuals who workout. To most, the back is a body part in which most people don't show off, nor do they or others see it regularly; with that being said, most individuals tend to train it incorrectly or do not train their back at all. You need to understand that balance and symmetry are important when developing the perfect physique. That alone should incentivize you to start pushing yourself out of your comfort zone and training your back and every other body part, **CORRECTLY!**



ANATOMY OF THE LUMBAR SPINE

Your back is a very large group of muscles that will influence the rest of your body and how it grows and performs.

The back is used in almost every muscle group that is trained. Your lumbar spine and spinal erectors (lower back) make up your posterior core stabilization.




This will influence your stability during exercises, as well as your range of motion. You have to understand that your lower back ties into multiple body parts and if it is not trained and taken care of correctly (tissue therapy, stretching) it will lead to imbalances in other muscle groups which will hinder your ability to properly train and grow!



In the competitive world, the back is just as important as an impressive front side. To me personally, I am actually more impressed when I see an athlete come on stage with a well developed back! Seeing an athlete with a properly developed back shows me that the athlete has understood the proper training techniques of bodybuilding. It is very hard to build a shredded, wide, thick, and symmetrical back with poor technique or any significant muscular imbalances. So with



that being said, when you see an athlete that is sharp from the back, that more than likely means he trains correctly and has an impressive and symmetrical front side. Very rarely do you see someone with a great back turn around to the front and have a poor front shot. Why is that? Because you have to train correctly with every body part in order to make sure your back stays in alignment and can grow balanced and equally.

A close-up, back view of a very muscular man. His skin is tanned and glistening with sweat. He has several tattoos on his upper back and shoulders. The background is dark and blurry, with some colorful bokeh lights in the bottom left corner.

Back training is no walk in the park. Back day is the hardest day next to leg day. If you aren't sweating, breathing heavily, and walking out feeling like you may puke, then you didn't train hard enough! In this 12 week program, I will break down the fine details of proper back training. I will teach you how to fix your form and how to target the various muscle groups of the back. This program will take patience, and you will have to do some of the "boring & tedious" tasks, but it's the little details in this program that are going to make all of the difference in the world!

BE READY!
WE AREN'T TURNING BACK!

5

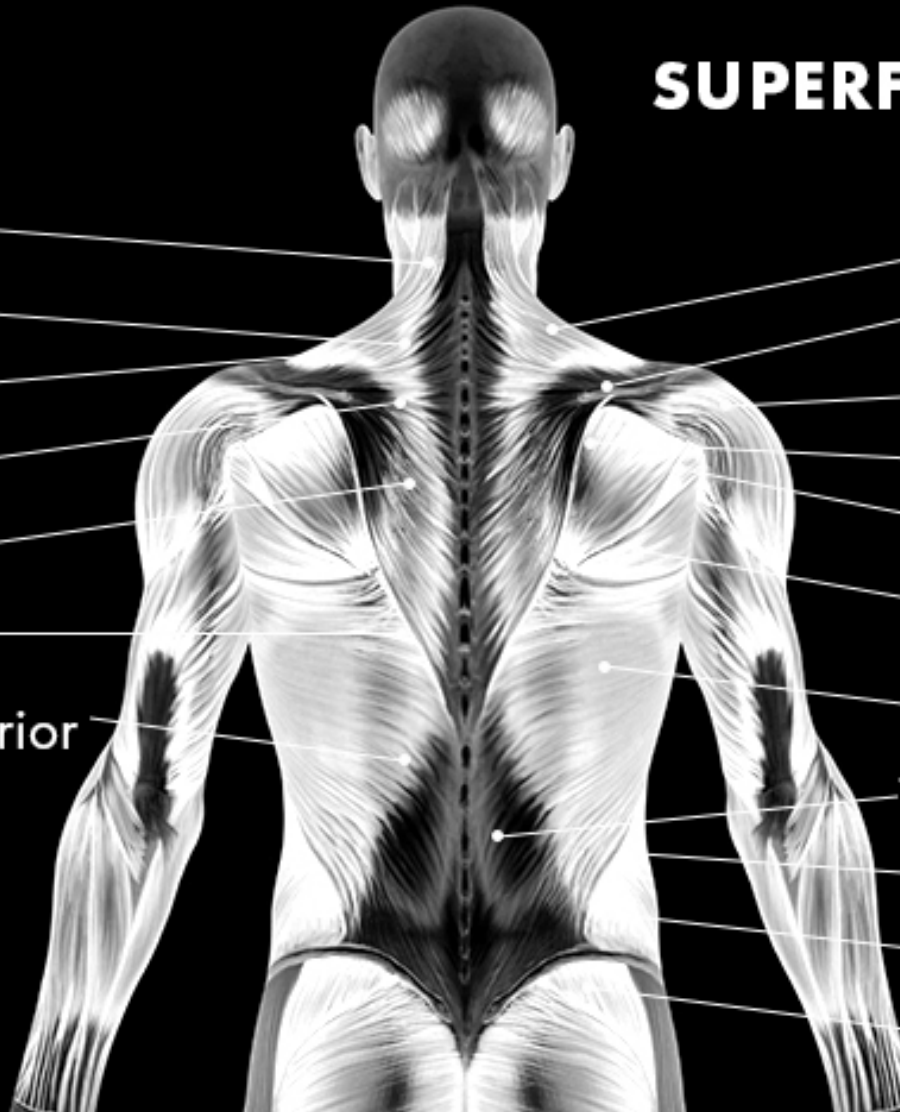
The Back is a very intricate body part consisting of many different muscles. Take the time to study the diagram below.

DEEP MUSCLES

Splenius Capitis
Splenius Cervicis
Levator Scapulae
Rhomboid Minor
Rhomboid Major
Erector Spinae
Serratus Posterior Inferior

SUPERFICIAL MUSCLES

Trapezius
Spine of Scapula
Deltoid
Infraspinatus
Teres Minor
Teres Major
Latissimus Dorsi
Thoracolumbar Fascia
External Oblique
Internal Oblique
Gluteus Medius



One of the main reasons people lack a well-developed back is because they don't understand how to build or train the specific parts. They also don't understand the synergistic muscles that are used while training the back. Often times, those synergistic muscles are hindering us from training the back correctly. If a synergistic muscle has an imbalance, it will prevent you from putting your body in the right position to train and target specific parts of the back. I have broken it down into 3 of the most common problems of back development.

1) LACK OF WIDTH THRU THE LATS

2) LACK OF THICKNESS IN THE LOWER LATS (CHRISTMAS TREE)

3) NO DEVELOPMENT OF THE ERECTORS

The cause for the underdevelopment may be because of a few different reasons, however I am about to address the most common.

LACK OF LAT WIDTH

The primary cause for the lack of width to the lats would be because of the compensation from the traps and rhomboids. When the traps and rhomboids take over for the lats, that means that the trapezius and the rhomboids are stronger and your brain is signaling them to do the majority of the work. Your body always wants to find the easiest way to do things thus, if your lats aren't strong, your body will recruit a muscle that is. In order to fix this, we have to release the overactive muscle (or get it to relax), and then we must re-introduce proper proprioception to the lats to increase the neuromuscular efficiency (mind to muscle connection) to that specific muscle.

WATCH VIDEOS FOR FURTHER EXPLANATION:

LAT PULL DOWN



POOR FORM



CORRECT FORM

BENT OVER ROW



POOR FORM



CORRECT FORM

LOWER LAT THICKNESS

The primary cause for the lack of lower lat thickness is also correlated to overactive traps, as well as a weak erector spinae, tight hamstrings, and overactive hip flexors. When training lower lats, it is all about body positioning and how you contract the back. If your traps are too tight, your ability to contract the lower lat will be compensated by the trapezius taking some of the tension off the targeted muscle group ([VIDEO DEMO](#)). Similarly, if your hamstrings and hip flexors are tight, this will cause the erector spinae to weaken causing it to be very difficult to put your body in the right position to train and execute the correct exercise for targeting lower lats ([VIDEO DEMO](#)).

In addition, underdeveloped spinal erectors occur simply because most people neglect them. When training your lower back, hamstring flexibility plays a huge roll. And with most of our population having overactive hamstrings, it can make lower back training unpleasant. There are a few exercises that I would like you to do regularly to help you fix these imbalances to help you train more efficiently. Might I add, it is almost counter productive to continue training your back when all of these imbalances are occurring. This is going to make the problem worse and ultimately lead to injury!



REHAB EXERCISES OVERACTIVE TRAP



HAMSTRING STRETCH



GLUTE STRETCH



HIP FLEXOR STRETCH

INTENSITY

Please understand that you must first learn the fundamentals before you can become the Alpha in the gym. What I mean by that is, you need to make sure you thoroughly understand your technique and form before you unleash everything and let yourself go in the gym. I know a lot of you guys have seen my training videos and you see me push heavy weights and see my intensity and strain on my face, I'm able to train this way because my form and technique is locked in and secondary to me. No matter how heavy I go, I have the same technique, if I can't perform a rep with perfect technique, the weight is too heavy. So before you let your mind go and go absolute freak mode on the weights, make sure your technique is second nature to you.

INTENSITY. For those of you that are more advanced & technique comes secondary, make sure you are pushing your intensity and threshold during your back training. To really go hard on back day, you have to mentally lock in and be prepared to go to war, each and every set.



INTENSITY IN ACTION

STRETCHING AND DIFFERENT FORMS OF THERAPY

Stretching is very important and will be a huge part of your success during this program. It is advised to stretch every morning for 10-15 mins before cardio, to follow the pre-workout warm-up daily, as well as stretching post workout and evening. Foam Rolling is a great tool to break up and loosen bound up muscles. Try foam rolling the muscle first, then follow it up with static stretching. I highly suggest seeing a sports massage therapist as well 1-2x per week. Utilize techniques such as scraping/graston, cupping, ultra sound, and deep tissue.



IMPORTANCE OF THERAPY



IMPORTANCE OF STRETCHING



TRAINING FREQUENCY

The back is a large muscle group. I recommend allowing 4-5 days of rest after an intense back workout. I also never train legs the day before or the day after back day.

TRAINING SPLIT

I recommend a 4-5 day training split. This allows the body enough time to recover. If you train too soon, your body will not have an adequate amount of time to heal and you will just continue to tear down the muscle and you also put yourself at higher risk of injury when a muscle hasn't fully recovered. Supplementing with BCAA's, Whey Isolate Protein, & Glutamine are great ways to help accelerate recovery time.



CARDIO

I like to do cardio year around. The amount and type of cardio I do is according to what I am trying to do with my physique at that point in time. In my offseason, when I'm eating a little more freely and I'm trying to grow slowly, I'll do about 20 mins of steady state fasted cardio. During my offseason, I use cardio as a way to help my metabolism handle more food. The more food I ingest, the faster I will grow (given you have the metabolism to handle it). That's why a lot of guys get fat when they bulk, they start force feeding, but they cut their cardio out, so their metabolism slows.

When I want to lean up, I will clean up my diet first and then increase my cardio to 30-40 mins fasted to lean out. As I lean out, my diet adjusts as does my cardio. I try to always increase my cardio first to at least 40 mins before I start pulling my macros down. I use my cardio to help dictate my weight and diet, so don't let this go, it is important!

Understanding tempos, range of motion, and various pump factors will optimize our training regimen. We will be using different techniques to keep the muscle guessing. This will put your muscle in an unfamiliar environment forcing it to work at its maximal output. I'll be incorporating various training intensifiers to increase training output periodically throughout this training program. Be familiar with the following terms:

PARTIAL REPS

Full stretch or eccentric motion of the muscle followed by a partial (30-50%) contraction or concentric motion.

DROP SETS

Performing an exercise, then lowering the weight and performing the exact same exercise with no rest in between sets.

SUPERSETS

Performing two exercises back to back.

STATIC HOLDS

When performing alternative reps, one arm holds an isometric contraction (static hold) while the other arm performs the reps. Switch arms and repeat.

PEAK CONTRACTION HOLDS

Holding the peak of a contraction for 1-2 seconds before letting the weight down into the negative motion.

NUTRITION

On back days, we want to ensure that we are maximizing our growth in every way possible. I recommend taking a re-feed day with one post-workout Cheat Meal on your back training day. Eat a clean diet all week, and then up your caloric intake on back day to over nourish the muscle. Utilize red meats (extra sodium, fats, and creatine) as well as salmon (extra healthy fats, and calories) 1-2x day as well as increasing your carbohydrates by 1.5x-2x the normal amount.

Utilize simple carbohydrates around and during your workout (white rice, white potato, fruits, Glycoject by Evogen Nutrition). These simple carbohydrates will help give you a better pump in the gym and will also increase your insulin levels which will help your body synthesize the proteins faster post-workout.

SUPPLEMENTATION

It will aid tremendously in packing quality muscle onto your arms! Utilizing high quality supplements will increase growth, improve your recovery time, and maximize your pumps in the gym. Quality supplements such as:

- ▶ **LEUCINE**
- ▶ **ARGININE**
- ▶ **GLUTAMINE**
- ▶ **GLYCOJECT**
- ▶ **CREATINE**
- ▶ **BCAA**
- ▶ **CAFFEINE**
- ▶ **WHEY ISOLATE**

will rapidly increase your results. I suggest only the top of the line products made by [EVOGEN NUTRITION](http://www.evogennutrition.com).

WWW.EVOGENNUTRITION.COM

www.evogennutrition.com/?a_aid=Champ4x



DAILY WARM-UP (IMPORTANT!!! MUST DO!!!)

IF YOU WALK AWAY LEARNING ANYTHING FROM THIS BOOK, THIS IS THE PART THAT I WANT YOU TO REMEMBER AND EMPHASIZE. PLEASE DO THESE WARM-UPS FOR THE NEXT 12 WEEKS AND WATCH HOW YOUR BODY TRANSFORMS AND HOW MUCH BETTER YOU WILL FEEL ALL AROUND. DO THIS BEFORE EVERY TRAINING SESSION.

FOAM ROLL CHECK LIST:

- ▶ Foam Roller - Lower Back
- ▶ Foam Roller - QL
- ▶ Foam Roller - Rear Delt
- ▶ Foam Roller - Traps & Rhomboids
- ▶ Foam Roller - Lat
- ▶ Foam Roller - IT Band
- ▶ Foam Roller - Hamstrings
- ▶ Foam Roller - Glutes
- ▶ Foam Roller - Abs and Hip Flexors

**after completing this warm up, your hamstrings and hip flexors should be loosened up, your glutes should be warmed up and activated. Your traps and rhomboids should be relaxed leaving your lats free to grow wide, as well as your erectors and lower lats ready to build thickness and depth!*

BUILDING A LEGENDARY BACK | DAILY WARM-UP

STATIC STRETCHING:

- ▶ Static Stretching - Glutes
- ▶ Static Stretching - Glutes Other Leg
- ▶ Static Stretching - Hamstrings, Glutes & IT Bands
- ▶ Static Stretching - IT Bands Specifically
- ▶ Stretch Hip Flexors
- ▶ Rear Delt Stretch
- ▶ Standing Lat Stretch
- ▶ Standing Neck Stretch
- ▶ Bicep Stretch
- ▶ Chest Stretch
- ▶ SQUAT PROGRESSION
- ▶ HAMSTRING PROGRESSION
- ▶ HIP ABDUCTOR MACHINE 3 SETS 20 REPS
- ▶ BACK EXTENSION 3 SETS 20 REPS

Over the years I have tried various techniques, different methods will yield different results.
During this program you will go through 3 phases of back training.

WEEKS 1-4

IDENTIFY & RETRAIN

WEEKS 5-8

STRENGTH & TECHNIQUE

WEEKS 9-12

LOCKED & LOADED

To Maximize Results Use

EVOGEN NUTRITION's

AMINOJECT, CELL KEM, EVP PLUS or XTREME, GLYCOJECT, ISOJECT, CARNIGEN & LIPOCIDE



15

WEEKS 1-4

IDENTIFY & RETRAIN

During the first four weeks, we are going to master our form and correct imbalances by stretching and using therapy. We will also emphasize light lifting, flexibility training, and develop overall back efficiency. It is important to be on a clean diet, however during this time period you shouldn't be on a moderate caloric deficit diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth! For more specific guidance see WWW.JEREMYBUENDIAFITNESS.COM.

ON BACK DAYS (WEEKS 1-4)

Take **EVOVITE** 1 pill in morning and 1 pill pre workout

Take 1 scoop **EVOGREENS** upon waking & post workout

Take 1-2 scoops **CARNIGEN** upon waking before cardio & before workout

Take 1 scoop **CELL KEM** intra workout

Take 1 scoop **AMINOJECT** upon waking before cardio & post-workout

Take 1-2 scoop **EVP/EVP PLUS or XTREME** 15 mins prior to weight training

Take 1 scoop **ISOJECT** upon waking and 2 scoop immediately after weight lifting

Use link below to order: http://www.evogennutrition.com/?a_aid=Champ4x



EXERCISE 1 **LAT PULL DOWN**

** We want to build a wide taper. Wide grip lat pull downs will help you create width*

Set 1: 100 lbs 15 reps (warm-up)

Set 2: 130 lbs 10 reps (warm-up)

Set 3: 160 lbs 10 reps

Set 4: 200 lbs 8 reps

Set 5: 160 lbs 10 reps

Set 6: 130 lbs 5 Pause reps

**rest 60-90 seconds in between sets*

***all weight listed would be the weight Jeremy Buendia would use, please chose a weight that you can control with PERFECT form.*



EXERCISE 2 **SEATED CABLE ROW UNDER HAND-GRIP**

**This exercise will help develop back thickness and lower lat development*

Set 1: 100 lbs 12 reps (warm-up)

Set 2: 130 lbs 10 reps

Set 3: 150 lbs 10 reps

Set 4: 150 lbs 5 peak contraction holds, 10 full reps

Set 5: 100 lbs 5 peak contraction holds,
5 full reps

4 peaks contraction holds

4 full reps

3 peak contraction holds

3 full reps

2 peak contraction holds

2 full reps

1 peak contraction hold

1 full rep

**rest 60-90 seconds in between sets*



EXERCISE 3

BENT OVER DUMBBELL ROW

**This exercise is best for lower lats and erectors. Make sure you keep your hamstrings, and glutes loose in between sets so your lower back doesn't tighten up. BODY POSITIONING is EVERYTHING!!!*

Set 1: 35 lbs DBs 15 reps (warm-up)

Set 2: 35 lbs DBs 10 reps Peak Contraction hold

Set 3: 50 lbs DBs 10 reps Peak Contraction hold

Set 4: 70 lbs DBs 5 reps Peak Contraction hold, 10 full reps

Set 5: 70 lbs DBs 5 reps Peak Contraction hold, 10 full reps

**rest 90-120 seconds in between sets*



EXERCISE 4

CLOSE GRIP LAT PULLDOWN (V-GRIP) SUPERSET W/ CABLE ROPE PULL OVERS

**Both exercises are targeting the "Christmas tree" of the back*

Set 1: 100 lbs 15 reps/ 70 lbs 15 reps

Set 2: 130 lbs 12 reps/ 90 lbs 12 reps

Set 3: 150 lbs 10 reps/ 100 lbs 10 reps

Set 4: 130 lbs 5 peak contraction holds

10 full reps/ 10 full reps

10 partial reps

**rest 60-90 seconds in between sets*



EXERCISE 5

DEADLIFT PROGRESSION

**Teaches the proper biomechanics of deadlift, helps open up hip flexors, and engage and recruit proper muscles needed when deadlifting.*

5 partial deadlifts (from knee)

5 hanging deadlifts (from mid shin)

5 deadlifts (from floor)

4 sets: progress in weight at your own rate.

Its better to stay light with perfect form.



EXERCISE 6

BACK EXTENSIONS W/ BAND ROW

Set 1: 20 reps

Set 2: 20 reps

Set 3: 20 reps

Set 4: 20 reps

Set 5: 20 reps

**rest 60-90 seconds in between sets*

GLUTE WORK



HIP ABDUCTOR

2 x 25 reps

2 x 10 peak contraction hold

10 full reps

10 partial reps

**rest 60 seconds in between sets*



CABLE GLUTE KICKBACK SUPER SET ***w/ Body weight hip thrust***

4 x 20 reps ea leg/ 4 x 20 reps

**rest 60 seconds in between sets*

20

WEEKS 5-8

STRENGTH & TECHNIQUE

Now that you are 4 weeks into the program, your flexibility should be much better and you should have learned how to properly recruit the right muscles when training. During weeks 5-8, we are going to focus on building up our strength and using more advanced techniques. This is the month dedicated to the pump! We will be using drop-set techniques, super-set techniques, and partial rep and static hold techniques. It is MANDATORY to still stay on top of your rehab exercises and stretching to make sure that your overactive muscles don't come back and take away from your back gains. This month you will truly learn what mind to muscle connection is, and you should feel that you learned how to completely recruit all of the fibers within the muscles of the back. It is important to be on a clean diet, however during this time period you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth! For more specific guidance see

WWW.JEREMYBUENDIAFITNESS.COM or Join TEAM HERO teamHeroCoaching@gmail.com

ON BACK DAYS (WEEKS 5-8)

Take **EVOVITE** 1 pill in morning and 1 pill pre workout

Take 1 scoop **EVOGREENS** upon waking & post workout

Take 1-2 scoops **CARNIGEN** upon waking before cardio & before workout

Take 1 scoop **CELL KEM** intra workout

Take 2 scoops **GLYCOJECT** intra workout

Take 1 scoop **AMINOJECT** upon waking before cardio & post-workout

Take 1-2 scoop **EVP/EVP PLUS** or **XTREME** 15 mins prior to weight training

Take 1 scoop **ISOJECT** upon waking and 2 scoops immediately after weight lifting

Use link below to order: http://www.evogennutrition.com/?a_aid=Champ4x

EXERCISE 1



STRAIGHT LEG DEADLIFTS OVERHAND GRIP

**Do not go heavy, focus on technique and squeezing your back, feel your hamstrings stretch, and your lower lats activate as you posture up and through the lift. Stretch glutes and hamstrings in between sets.*

Set 1: 15 reps (warm-up)

Set 2: 10 reps

Set 3: 10 reps

Set 4: 10 reps

**rest 90-120 seconds in between sets*

EXERCISE 2



HAMMER STRENGTH LOW ROW OR MACHINE UNDERHAND GRIP ROW

**Great exercise to build strength and thickness in mid and lower back*

Set 1: 1 plate each side 15 full reps

Set 2: 2 plates each side 5 full reps

10 single arm reps each arm

5 full reps both arms

Set 3: 3 plates 5 peak contraction holds single arm

10 single arm full reps

Set 4: 2 plates Static Holds (5,4,3,2,1), 5 full reps

**rest 90-120 seconds in between sets*



EXERCISE 3

WIDE GRIP PULL DOWN SUPERSET W/ WIDE GRIP REVERSE LAT PULL DOWN

**Targets back width*

Set 1: 100 lbs 15 reps/ 15 reps

Set 2: 130 lbs 10 reps/ 10 reps

Set 3: 150 lbs 10 reps/ 6 reps

Set 4: 180 lbs 8 reps/ 5 reps

Set 5: 130 lbs 5 peak contraction holds

5 full reps/ 5 peak contraction holds

**rest 60-90 seconds in between sets*



EXERCISE 4

DB SINGLE ARM BENT OVER LOW ROW SUPERSET W/ SINGLE ARM BENT OVER HIGH ROW

**Targets lower lats/ targets upper lats*

Set 1: 50lbs DB 10 reps/ 10 reps

Set 2: 70lbs DB 10 reps/ 10 reps

Set 3: 90lbs DB 10 reps/ 10 reps

Set 4: 100lbs DB 10 reps / 6 reps

**rest 90 seconds in between sets*

EXERCISE 5



SINGLE ARM SIDE SADDLE HAMMER STRENGTH LAT PULL DOWN

**focusing on developing lat width*

Set 1: 1.5 plates 15 reps each arm

Set 2: 2 plates 10 reps each arm, 10 partial reps

Set 3: 3 plates 5 reps each arm, 10 partials

Set 4: 2 plates 5 peak contraction holds
5 full reps 5 partials

**rest 60-90 seconds in between sets*

EXERCISE 6



CABLE GOOD MORNING W/ CABLE LOW ROW

Set 1: 70 lbs 15 reps

Set 2: 90 lbs 12 reps

Set 3: 100 lbs 10 reps, drop the weight
& finish with 20 bodyweight back extensions

Set 4: 100 lbs 10 reps, drop the weight
& finish with 20 bodyweight back extensions

**rest 60-90 seconds in between sets*

WEEKS 9-12

LOCKED & LOADED

After 8 solid weeks of proper rehab, stretching, and correct training; your body should be at a point now that it can handle heavier weights and really develop some great mass and density in your back. Previously, your body was not able to handle heavier compound motions, but now that you have been training correctly, you are more than ready to dive into the exercises that will really explode and shock your body into growth! Our intensity this month will pick up, we will be minimizing rest time at certain points, incorporating a lot of various training factors to increase our intensity during our sets.

At this point you should have had all of your muscular imbalances taken care of by your therapist or through your own stretching. If not, it is advised to still stay on top of your therapy and daily stretching to make sure that your overactive muscles don't come back and take away from your back gains. This month you will truly learn the definition of hard work and what it takes to get your back jacked! At this point in your training, we want to maximize the growth of your back so it is important to increase our food intake to get maximal nutrient delivery to the muscles. Weight may be gained in a caloric surplus, but you will also be packing on some great size. To get lean after this phase, check out my number 1 selling ebook SHRED WITH BUENDIA to download or for more specific guidance see WWW.JEREMYBUENDIAFITNESS.COM.

ON BACK DAYS (WEEKS 9-12)

Take **EVOVITE** 1 pill in morning and 1 pill pre workout
Take 1 scoop **EVOGREENS** upon waking & post workout
Take 1-2 scoops **CARNIGEN** upon waking before cardio & before workout
Take 1.5 scoop **CELL KEM** intra workout
Take 1 scoop **GLYCOJECT** pre workout and 1.5 scoop intra workout
Take 1 scoop **AMINOJECT** upon waking before cardio & post-workout
Take 1-2 scoop **EVP/EVP PLUS or XTREME** 15 mins prior to weight training
Take 1 scoop **ISOJECT** upon waking and 2 scoop immediately after weight lifting.
Use link below to order: http://www.evogennutrition.com/?a_aid=Champ4x



EXERCISE 1

WIDE GRIP LAT PULL DOWN

**Targets Back Width*

- Set 1: 15 reps (warm-up)
- Set 2: 10 reps *hold each contraction for 2 seconds
- Set 3: 15 reps *hold 5 contractions for 2 seconds then finish with 10 full reps
- Set 4: 5 peak contraction holds, 5 full reps, 4 peak contraction holds, 4 full reps, 3 peak contraction holds 3 full reps, 2 peak contraction holds, 2 full reps, 1 peak contraction hold, 1 full rep.

**rest 60-90 seconds in between sets*



EXERCISE 2

BARBELL DEADLIFT TO DEADROW

**Great exercise to build strength and thickness in mid and lower back*

- Set 1: 135 lbs 10 reps of each
- Set 2: 185 lbs 8 reps of each
- Set 3: 225 lbs 6 reps of each
- Set 4: 275 lbs 4 reps of each
- Set 5: 315 lbs 3 reps of each

**rest 90-120 seconds in between sets*

EXERCISE 3



LANDMINE T-BAR ROW (V-GRIP)

**Targets back width (use the 25lbs plates to allow more range of motion)*

Set 1: 75 lbs 15 reps

Set 2: 125 lbs 10 reps

Set 3: 150 lbs 8 reps

Set 4: 150 lbs 3 peak contraction holds,
5 full reps

Set 5: 100 lbs 10 reps *2 second hold each rep,
10 full reps

**rest 60-90 seconds in between sets*

EXERCISE 4



DB SINGLE ARM BENT OVER PENDULUM ROW SUPERSET W/ DB RACK PULLS

**Targets lower lats and erectors*

Set 1: 50 lbs DB 15 reps/20 reps

Set 2: 75 lbs DB 12 reps/15 reps

Set 3: 100 lbs DB 10 reps/10 reps

Set 4: 50 lbs DB 5 peak contraction holds
followed by 10 reps, 10 pause reps
(pause for 2 seconds at bottom of DB rack pull,
then come up) followed by 10 regular reps.

**rest 90 seconds in between sets*

EXERCISE 5



REVERSE GRIP LAT PULLDOWN SUPERSET W/ STRAIGHT ARM CABLE ROPE PULLOVER

**focusing on lower lats and "Christmas Tree" development*

Set 1: 120 lbs 15 reps/ 100 lbs 15 reps

Set 2: 140 lbs 12 reps/ 120 lbs 10 reps

Set 3: 160 lbs 10 reps/ 120 lbs 10 reps

Set 4: 120 lbs 5 peak contraction holds
followed by 10 full reps/ 120lbs 10 reps

**rest 60-90 seconds in between sets*

EXERCISE 6



BACK EXTENSIONS WITH WEIGHT

Set 1: 25lbs 25 reps

Set 2: 35lbs 20 reps

Set 3: 45lbs 15 reps

Set 4: 25lbs 15 reps,
drop the weight and finish with 15
bodyweight back extensions

**rest 60-90 seconds in between sets*



THIS CONCLUDES THE 12-WEEK PROGRAM BUILDING A LEGENDARY BACK

I hope you learned some valuable lessons! You should be more understanding of how the back works and by exploring various training techniques, your gym IQ should have increased. Your back will continue to improve over time and, with enough time given, you too can have a legendary back! Please continue to stretch and do your daily warm-ups! Be sure to

check out

www.jeremybuendiafitness.com
for other eBooks and training info.

For contest prep, email
teamherocoaching@gmail.com