

BACK HYPERTROPHY PROGRAM

JEFF NIPPARD

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ABOUT ME

Jeff is a WNBFF Pro Drug-Free Bodybuilder and IPF/CPU Powerlifter in the 74 kg class. He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 prior to which Jeff was a two-time Mr. Junior Newfoundland titleholder for 2009 and 2010.

As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press (2014 Canadian national record) and a 518 lb deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to compliment his practical experience acquired through training and coaching and has aspirations of completing a PhD in exercise science or a related field.

Jeff worked as a coach with esteemed online coaching group The Strength Guys through 2014 and 2015 before branching out with STRCNG. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on block periodization, concurrent training and nutrition for natural bodybuilding in academic settings including the 2014 Online Fitness Summit and at the University of Iowa. Jeff has recorded interviews with some of the best in the business on his science-based fitness podcast IceCream4PRs.

Through his informative and personable Youtube channel and Instagram Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about bodybuilding, powerlifting and the science behind building muscle, losing fat and getting healthier.

Jeff currently lives in Kelowna, Canada where he is coaching athletes around the world full-time while preparing for his next competition season in natural bodybuilding in 2018.



KEY TERMS

DB: DUMBBELL

EMG: ELECTROMYOGRAPHY

MVC: MAXIMUM VOLUNTARY CONTRACTION

PROGRESSIVE OVERLOAD: THE GRADUAL INCREASE OF STRESS PLACED UPON THE BODY DURING EXERCISE TRAINING

ROM: RANGE OF MOTION

CONCENTRIC: THE "POSITIVE" PART OF A MOVEMENT. THE MUSCLE IS CONTRACTING/ SHORTENING.

ECCENTRIC: THE "NEGATIVE" PART OF A MOVEMENT. THE MUSCLE IS STRETCHING/ LENGTHENING.

RPE: RATE OF PERCEIVED EXERTION

TEMPO: THE SPEED AT WHICH THE LIFT OCCURS. TEMPO NOTATION IS GIVEN AS FOLLOWS: 4:3:2:1 WOULD MEAN A 4 SECOND ECCENTRIC, 3 SECOND PAUSE AT THE BOTTOM, 2 SECOND CONCENTRIC AND 1 SECOND PAUSE AT THE TOP. THE MOST COMMON TEMPO IN THIS PROGRAM IS 2:0:1:0.

FAQS

1. Can I combine this program with other programs of yours?

A: Yes. This program can be run concurrently with any of my programs. I would recommend being very cautious when combining the Back and Arm Hypertrophy Programs however as the biceps may become overtaxed. If combining these programs, be sure to reduce the bicep work in the Arm Hypertrophy Program by 50% initially and carefully assess your own recovery moving forward.

2. What does LSTF mean in the program?

A: This is a programming tool used to indicate whether or not the last set of a given exercise should be taken to failure. In the program, this will be annotated as either a Y (meaning yes, take the last set to failure) or an N (meaning no, do not take the last set to failure). Failure in this case means you couldn't get another rep through a full ROM.

3. What about my neck and traps?

A: This program can be easily combined with my Neck and Trap Training Guide. There are crossover exercises on Day 1 (Rack Pulls) and Day 2 (Upright Rows) which makes integrating the two programs together very simple. Granted, if you don't have the [Neck and Trap Guide](#), you can optionally add in the high volume Power Shrugs on Day 2. This will provide a very sizable stimulus for upper trap growth in addition to the Rack Pulls on Day 1 and all the other rowing in the program. If you want additional strategies for training the neck, you can watch my [Neck and Trap Science Explained video](#).

4. What if I can't do rack pulls?

A: Do barbell power shrugs instead for the same sets/reps, but rack pulls are preferred as they will target the spinal erectors and stabilizers to a greater degree.

5. Can Back Day 1 and 2 be combined with extra bicep isolation work to make a complete "Pull Day"?

A: Yes. If you're running a push pull legs split, you can add bicep isolation work at the end of Day 1 and 2, however keep in mind that all of the pulling in this program does target the biceps to an appreciable degree. You may want to adjust your usual bicep volume down initially by 25-50% if you are not accustomed to this volume of pulling in your training.

FAQS

6. What if I am still sore? Should I train or take another rest day?

A: Training sore is fine unless it puts you at an increased risk of injury. If you're having a difficult time getting into position or completing a full ROM due to pain, do not train. Otherwise, still train but be sure to perform a slightly longer warm up for each exercise. Use your own discretion to avoid injury but training sore will not impair gains in and of itself.

7. I can't do bodyweight pullups. What should I do?

A: Use an assisted dip/pullup machine and progressively lower the assistance, in the same way you would progressively increase the resistance on other exercises. Keep track of your assistance weights and aim toward reaching 0 lb assistance pullups for the target sets/reps. If your bodyweight is also changing, you may want to make a note of this week to week to make sure that isn't an interfering variable.

8. Pullups for 6-8 reps are too easy for me. I'm not hitting the target RPE. What do I do?

A: Make sure your form is clean first. Then if it's still too easy, add resistance using a weight belt with a chain in a progressive manner to hit the RPE. This is an example of one if your gym doesn't have one: <https://www.amazon.com/Harbinger-Polypropylene-30-Inch-Steel-Chain/dp/B001POS3XU>

9. If the RPE increases across sets, should I drop the weight back?

A: If you hit failure prematurely, drop the weight back. Otherwise, select the weight as appropriate to hit the RPE for each set.

10. Why such little exercise variation from week to week?

A: Changing exercises from week to week is more likely to flatten out the progression curve. They do change slightly week to week and from Block 1 to Block 2, but the bulk of the program maintains the same exercise selection. This is to ensure progression by adding volume incrementally to these specific movements.

11. Where do I send any questions not answered here?

A: Please direct all questions not included in the program to info@strcng.com for customer support. Please allow up to 4 business days for a reply as this program does not include a personalized coaching package. Please be as succinct as possible with your questions. While I love connecting with you all as much as I can, social media is not a reliable way for you to reach me.

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 1

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	8	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	8	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	N
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	8	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	N
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	8	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GAUGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	23

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 2

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP LAT PULLDOWN	4	6-8	2:0:1:0	8	2.5	1.5X SHOULDER WIDTH GRIP, SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
SMITH MACHINE ROW	3	8-10	2:0:1:0	8	2.0	SET UP SMITH MACHINE ON LOWEST SETTING AND PERFORM CONTROLLED ROWS, BACK ANGLE SHOULD BE CLOSER TO 90 (PENDLAY POSITION)	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
MEADOWS ROW	3	12-15	2:0:1:0	8	1.5	12-15 REPS EACH SIDE, USE STRAPS AS NEEDED, USE OPPOSITE HAND FOR SUPPORT ON KNEE	Y
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	8	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	8	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	N
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GUAGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	23

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 3

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
CLOSE GRIP SEATED CABLE ROW	4	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	N
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GAUGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	4	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	6	4	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	23.5

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

1

BACK HYPERTROPHY PROGRAM: WEEK 4

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (BELOW KNEE)	3	6-8	2:1:1:1	7.5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP LAT PULLDOWN	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
SMITH MACHINE ROW	3	8-10	2:0:1:0	9	2.0	SET UP SMITH MACHINE ON LOWEST SETTING AND PERFORM CONTROLLED ROWS, BACK ANGLE SHOULD BE CLOSER TO 90 (PENDLAY POSITION)	N
B1. HALF KNEELING MOTO ROW	2	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	2	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	7	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW (7'S)	3	7+7	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 7 REPS FULL ROM, 7 REPS BOTTOM 1/2 ROM	N
MEADOWS ROW	4	12-15	2:0:1:0	8	1.5	12-15 REPS EACH SIDE, USE STRAPS AS NEEDED, USE OPPOSITE HAND FOR SUPPORT ON KNEE	Y
OMNI-GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	N
LOWER BACK EXTENSION (REVERSE PYRAMID)	3	10,15,20	2:0:1:0	9.5	1.5	HEAVY WEIGHT FOR 10 REPS, THEN DROP WEIGHT BACK AND INCREASE REPS FOR NEXT 2 SETS USING RPE TO GAUGE WEIGHT	N
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	4	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	6	4	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	50
ACTUALIZED WEEKLY BACK VOLUME	23.5

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY PROGRAM: WEEK 5

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	3	5	2:1:1:1	7.5	2.5	SET UP BARBELL JUST ABOVE THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW	3	8+2	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. 1 ARM DB UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. REVERSE CABLE CROSSOVER	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	12-15	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	25

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY PROGRAM: WEEK 6

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	3	4	2:1:1:1	8	2.5	SET UP BARBELL JUST ABOVE THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
T-BAR ROW (IN CORNER)	3	8+2	2:0:1:0	9	2.0	USE V-BAR ATTACHMENT, NEUTRAL GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	52
ACTUALIZED WEEKLY BACK VOLUME	25

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY PROGRAM: WEEK 7

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	3	3	2:1:1:1	7.5	2.5	SET UP BARBELL JUST ABOVE THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW	3	8+2	2:0:1:0	9	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. 1 ARM DB UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. REVERSE CABLE CROSSOVER	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	12-15	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	52
ACTUALIZED WEEKLY BACK VOLUME	25

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BLOCK

2

BACK HYPERTROPHY PROGRAM: WEEK 8

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL (ABOVE KNEE)	2	2	2:1:1:1	9.5	2.5	2 NEAR-MAX EFFORT SETS! PUSH YOURSELF HERE, MAINTAIN PROPER FORM, GO HEAVIER ON SET 2 IF SET 1 IS RPE 9 OR LOWER	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	7	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	4	6-8	2:0:1:0	9	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
CHEST SUPPORTED T-BAR ROW	3	6-8	2:0:1:0	9	2.0	KEEP CHEST PINNED TO SUPPORT PAD, FULL STRETCH AT BOTTOM, SQUEEZE SHOULDER BLADES AT TOP	Y
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	9	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	9.5	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	Y
ROPE FACEPULL (SCAPULAR RETRACTION)	3	15-20	2:0:1:0	9	1.0	SET UP CABLES 6 IN. ABOVE EYE LEVEL AND PULL TO THE EYES, RETRACT SHOULDER BLADES, THINK OF AS A "HIGH ROW"	Y

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	9	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
T-BAR ROW (IN CORNER)	3	8+2	2:0:1:0	9	2.0	USE V-BAR ATTACHMENT, NEUTRAL GRIP, 45 DEGREE BEND AT HIPS, 8 REPS FULL CONTROL, 2 "CHEAT REPS" USING MODERATE MOMENTUM	N
CLOSE GRIP SEATED CABLE ROW	3	12-15	2:0:1:0	8	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	Y
CLOSE GRIP LAT PULLDOWN	3	12-15	2:0:1:0	9	1.5	CLOSE GRIP, NEUTRAL GRIP, DRIVE ELBOWS DOWN AND MINIMIZE BICEP INVOLVEMENT	Y
C1. CABLE ROPE UPRIGHT ROW	3	15-20	2:0:1:0	9	0.0	STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT, LEAN SLIGHTLY BACK AND ENGAGE UPPER TRAPS	N
C2. ROPE FACEPULL (EXTERNAL ROTATION)	3	15-20	2:0:1:0	9	1.0	SET UP AT EYE LEVEL, PULL ROPE "UP AND OUT" LIKE IN A BACK DOUBLE BICEP	Y
LOWER BACK EXTENSION (MYO-REP)	2	20+5X	2:0:1:0	10	1.0	DO 20 REPS, REST FOR 2-3 BREATHS, DO 5 MORE REPS, REPEAT UNTIL YOU CAN'T DO 5 REPS	Y
POWER SHRUG (OPTIONAL)	4	15-20	1:1:1:0	9	2.0	TO BE PERFORMED AT THE BEGINNING OF THE WORKOUT, USE MODERATE LEG DRIVE AND SHRUG UP TO YOUR EARS, STRETCH ON TRAPS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
WIDE GRIP PULL UP (CLUSTER SETS)	4	3	2:1:1:1	8	0.5	NOTE SHORT REST TIMES, 1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, AIM TOP USE WEIGHTED RESISTANCE HERE, INITIATE REPS FROM A DEAD HANG AND HOLD FOR 1 SECOND AT THE TOP	N
WIDE GRIP SEATED CABLE ROW (CLUSTER SETS)	8	3	1:0:1:0	8.5	0.5	NOTE SHORT REST TIMES, WIDE GRIP, NEUTRAL GRIP, HEAVY WEIGHT HERE WITH GOOD CONTROL	N

TOTAL WEEKLY VOLUME	51
ACTUALIZED WEEKLY BACK VOLUME	25

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

BACK HYPERTROPHY PROGRAM: WEEK 9

DELOAD WEEK

STRENGTH FOCUS

BACK DAY 1	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
RACK PULL	2	6-8	2:1:1:1	5	2.5	SET UP BARBELL JUST BELOW THE KNEE, USE STRAPS AND A BELT AS NEEDED	N
1-ARM LAT PULL IN	2	12-15	2:0:2:0	6	0.5	PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT, DRIVE ELBOWS DOWN	N
WIDE GRIP PULL UP	2	6-8	2:0:1:0	6	2.5	1.5X SHOULDER WIDTH GRIP, VERY SLIGHT LEAN BACK, CONTROLLED REPS, ADD OR REMOVE RESISTANCE AS NEEDED	N
B1. HALF KNEELING MOTO ROW	3	10-12	2:0:1:0	8	0.0	BRACE NON-ROWING HAND AGAINST KNEE FOR SUPPORT, LAT FOCUS: DRIVE ELBOW "DOWN AND BACK"	N
B2. HALF LYING MOTO ROW	3	10-12	2:0:1:0	8	1.0	SUPERSET WITH B1 ONE ARM AT A TIME, LIE ON STOMACH AND PULL CABLE "IN" TOWARD SIDES	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

BACK DAY 2	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
ROPE PULLOVER	2	15-20	2:0:2:0	6	0.5	KEEP ELBOWS TUCKED IN AT SIDES, DRIVE ELBOWS DOWN AND SLIGHTLY BACK, SMOOTH TEMPO	N
BENT OVER BARBELL ROW	2	8	2:0:1:0	6	2.0	OVERHAND, 1.5X SHOULDER WIDTH GRIP, 45 DEGREE BEND AT HIPS	N
CLOSE GRIP SEATED CABLE ROW	2	12-15	2:0:1:0	6	1.5	RETRACT SCAPULAE ON EACH REP, FULL STRETCH ON LATS AT THE BOTTOM, KEEP LOWER BACK ENGAGED ON THE CONCENTRIC AND CORE TIGHT	N
OMNI-GRIP LAT PULLDOWN	2	12-15	2:0:1:0	6	1.5	3 DIFF. WIDTHS FOR 3 SETS: 2X SHOULDER WIDTH, THEN 1.5X SHOULDER WIDTH, THEN 1X SHOULDER WIDTH (ALL OVERHAND TO THE FRONT)	N

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SUPPLEMENTAL

	SETS	REPS	TEMPO	RPE	REST	NOTES	LSTF
NO SUPPLEMENTAL WORK THIS WEEK							

TOTAL WEEKLY VOLUME	20
ACTUALIZED WEEKLY BACK VOLUME	14

TOTAL TRAINING TIME:

*NOTE: REST TIMES ARE GIVEN IN MINUTES.



WARM UP

Before every training session perform:

- 5-10 minutes of moderate intensity cardio
- Dynamic stretches such as arm swings and circles for 15-20 reps

Before the first “heavy” exercise for each bodypart:

- Pyramid up in weight with 1-2 light sets, getting progressively heavier
- Such a warm up is only required for the first “heavy” exercise for each bodypart
- Movements that require heavier working sets will require a more extensive warm up
- **Example 1:** For Rack Pulls in Week 8 for 2 sets of 2 with 500 lbs, you could warm up as follows:
 - 135 lbs x 10 reps
 - 225 lbs x 6 reps
 - 315 lbs x 4 reps
 - 405 lbs x 3 reps
 - 455 lbs x 1 rep
 - 500 lbs x 2 reps (first working set)
- **Example 2:** For Rack Pulls on Week 1 Day 1 for 3 sets of 6-8 reps with 405 lbs, you could warm up as follows:
 - 135 lbs x 10 reps
 - 225 lbs x 6 reps
 - 315 lbs x 4 reps
 - 405 lbs x 6-8 reps (first working set)
- **Example 3:** For Barbell Rows on Week 1 Day 2 for 3 sets of 7+7 reps with 185 lbs, you could warm up as follows:
 - 45 lbs x 10 reps
 - 135 lbs x 6 reps
 - 185 lbs x 7+7 reps (first working set)

PROGRAM VARIABLES

INTENSITY

HOW HARD SHOULD YOU TRAIN? HOW HEAVY SHOULD YOU GO?

The answers to these questions are determined by the RPE given for each exercise. Keep in mind that RPE's are meant to be for working sets only. An RPE of 10 indicates the set should be taken to failure. An RPE of 9 means you should stop one rep shy of failure. An RPE of 8 means you should stop two reps shy of failure and so on. RPE's provided are intended to be applied to all working sets except for when the training day is annotated with a note indicating that the final set of each exercise is to be taken to failure (see FSTF column), in which case the final set will always be to an RPE of 10.

VOLUME

How much volume you need to progress will depend on your level of advancement and how “stubborn” your back muscles are. The more advanced you are and the more stubborn your back is, the more volume you will need to progress. Experts suggest that 14-25 working sets for back is typically enough to maximize development¹. This routine flirts with the upper end of that range because, as I see it, even if less would get you results, I want you to get the **best** results you can get from this routine. With that said, if you're a relatively new lifter, you may want to start with 1-2 less sets per movement for the first week or two. From there, you can assess your tolerance to that weekly volume and then begin adding sets once you're confident you're recovering adequately.

In this program (and all of my [specialization programs](#)) I use **total working sets** as the main metric for tracking weekly volume. This is because there is a dose-response relationship between set volume and muscle hypertrophy² and in my coaching experience, total working sets is the most useful, simple and practical metric for tracking volume.

It's also important to note the distinction in this program between “Total Weekly Volume” and “Actualized Weekly Back Volume”. The total volume counts all sets from all exercises, while the actualized volume refers to the volume from horizontal and vertical pulling movements only and excludes exercises like rack pulls, pullovers, lower back extensions, and upright rows. This is because I believe these exercises involve sufficiently different movement patterns from exercises like pulldowns and horizontal rows that we can account for them separately.

Another important note is that when calculating actualized volume I only included ¼ of the total set volume for the cluster sets on the Supplemental Day. This is because with only 3-4 reps per set, the total rep volume is



PROGRAM VARIABLES

much lower than it is for the other exercises included in the program. Of course, since we are only tracking set volume with this routine, this is a way of creating a best approximation for practical programming purposes.

But all of the above is accounting work that I have done ahead of time and all that you really need to worry about is tracking your weights used for each set and ensuring some sort of strength progression from week to week.

FREQUENCY

A 2016 meta analysis on training frequency concluded that 2x/week is better than 1x/week for maximizing growth, while frequencies of 3 or more may or may not be better³. However, because the back involves such a large muscle mass and is such a complex muscle group, a 3 day per week frequency may be more optimal than a lower frequency which would make squeezing in sufficient weekly volume difficult. This frequency should be easy to adapt to either an upper/lower or push/pull/legs split, examples of which are provided in the “Sample Training Splits” section.

PERIODIZATION

A 2016 meta analysis on training frequency concluded that 2x/week is better than 1x/week for maximizing growth, while frequencies of 3 or more may or may not be better³. However, because the back involves such a large muscle mass and is such a complex muscle group, a 3 day per week frequency may be more optimal than a lower frequency which would make squeezing in sufficient weekly volume difficult. This frequency should be easy to adapt to either an upper/lower or push/pull/legs split, examples of which are provided in the “Sample Training Splits” section.

WEEKLY PROGRESSION

A linear progression scheme is used for all exercises since progressive overload is arguably the most important factor for muscle growth. The goal is to add reps while keeping the weight the same until the top end of the rep range is reached for all sets. From there, you will add weight and go back to the low end of the rep range. In the real world, it might not work out that neatly. As long as you're adding some weight or some reps over time on average (meaning it doesn't have to increase EVERY week) you're doing it right.

PROGRAM VARIABLES

BLOCK PERIODIZATION

The program is split into 2 blocks: Weeks 1-4 and Weeks 5-8.

Block 1 is focused on getting adapted to the relatively high volume and frequency of the program. In order to ensure this happens safely and without undesired overreaching, RPE's are kept generally between 7-9 for this block, with a few RPE 10 sets included sparingly.

Block 2 is quite similar in exercise selection to ensure progressive overload and has more focus on reaching momentary muscular failure (MMF). Because the previous block allowed for adaptation to the volume and frequency of the program, intensity is increased in Block 2 as the final set of more exercises are taken to failure. This block also introduces several new movements, loading patterns and intensity techniques for the sake of novelty, something that has been emphasized in the scientific literature as a central tenant of periodization⁴.

LINEAR PERIODIZATION

In Block 2, a linear periodization scheme is used on Rack Pulls, where the load (weight) is increased as the volume (sets and reps) is decreased. In Week 8, a near-max-effort set of 2 reps is used to "test" max strength. This strength focus will yield increased volumes in subsequent runs through the program through the use of heavier loads in more moderate rep ranges.

ADVANCED TECHNIQUES

For specific exercises in this program advanced techniques are used to make the training more effective and/or more efficient.

Reverse pyramid sets are used for the lower back extension exercise in Block 1 as a novel loading scheme. While on most exercises straight sets are used to ensure steady progressive load increases week to week, here we are using reverse pyramid sets so that intensity (load) can be maximized early on while your erectors are less fatigued and metabolic capacities can be trained in subsequent sets as fatigue increases.

MyoReps are used in Block 2 for the lower back extension exercise as a way to maximally fatigue muscle fibers in a higher rep range. You can learn more about myoreps [here](#).



PROGRAM VARIABLES

Cluster Sets are used on the Supplemental Back day to both save on time and emphasize strength development. The strength built on pull ups and cable rows in a lower rep range will carry over to the more moderate rep work. This supplemental day also allows for another bump in weekly training frequency without a large time or recovery demand.

Extended Sets or “Cheat Reps” are occasionally used for a similar reason to myoreps – to induce greater motor unit fatigue and induce a potentially greater total anabolic stimulus for growth. These techniques result in greater time under tension, which can heighten metabolic stress and ischemia enhancing “anabolic milieu”⁵.

DELOADS

Week 9 of this program is a full deload week where the actualized back volume is cut nearly in half from 25 sets in Week 8 to 14 sets in Week 9. The intensity is also lowered for this entire week and recovery of the lower back is emphasized. This deload is included to reduce the risk of injury and to provide “re-sensitization” to training stimuli such that when Week 1 is started again, progress can continue to accrue. Any intermediate level trainee should be able to run this program through at least 2-3 cycles and continue making progress if this deload is performed properly.

ANATOMY & FUNCTION

It's important to understand the biomechanical function of the back before we can understand how to best train it. So first, we need to quickly cover its basic anatomy.

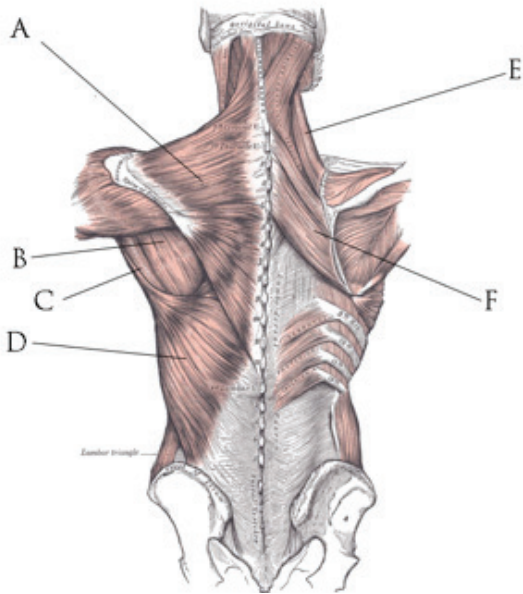


FIGURE 1: Back Muscles (Image: By henry Vandyke Carter
(Derivative work: Rafael Di Marco Barros)
https://commons.wikimedia.org/wiki/File:Back_Muscles.jpg

A – Trapezius, B – Teres Major, C – Teres Minor, D – Latissimus Dorsi, E – Levator Scapulae, F – Rhomboid Major

For our purposes we're going to split the back up into 4 main muscles: the latissimus dorsi, the trapezius, the rhomboids, and the erector spinae (or spinal erectors).

The lats contribute mostly to the appearance of back width. They have 2 main functions, which are to adduct the arm (bring the arm in closer to the body when it's out to the side) and to extend the arm (bring the arm in closer to the body when it's out in front). It also medially rotates the arm, which doesn't have much training application for hypertrophy. To hit the lats most effectively, we should be performing exercises that train shoulder adduction (like lat pulldowns) and exercises that train shoulder extension (like rows).



ANATOMY & FUNCTION

The traps, on the other hand, contribute mostly to the appearance of back thickness and while their individual functions are highly varied, the upper traps mainly function to elevate the scapula (like in a shrug) while the mid and lower traps primarily retract the scapula (like in a row).

The rhomboids are split into a rhomboid major and minor but both have the same primary function which is scapular retraction and for the most part will be targeted with the same basic rowing exercises that hit the mid traps.

The spinal erectors of the lower back extend all the way up the spine to the skull and function to extend the entire vertebral column. The erectors will be targeted through exercises like rack pulls and lower back extensions in this program, but will also be worked through many compound movements such as squats and deadlifts.

FIBER TYPE

Both the lats and the traps appear to be predominantly type II, or fast-twitch dominant⁶. This indicates that these muscles should be trained with a variety of rep ranges with at least one heavy movement to fully activate the fast twitch fibers. The spinal erectors are more type I dominant⁷, implying that they may respond better to lighter loads. In any case, using a variety of rep ranges for every muscle group is best for **maximizing** development.



BACK TRAINING RESEARCH

BACKGROUND

In my coaching experience I've found that many trainees have a difficult time "feeling" their lats activate because their biceps or traps take over. Performing a lat pre-activation movement like 1-arm lat pull ins or cable pullovers is helpful to establish a mind-muscle connection and get blood flowing to the appropriate muscles. A 2009 study showed that specific coaching cues such as palpation of the lats and "thinking about" the target muscle was able to increase EMG activation of the lats⁸.

For the lat pull-in, my favourite cues are to: pull in a straight line that would split the body into a front and back half (i.e. the mid-frontal plane), laterally crunch into direction of pull and palpate the lat muscle, physically feeling the contraction as it happens. For the cable pullover, I like to lean slightly forward, drive my elbows down (not back), and tuck my elbows in tight to my sides. All pre-activation sets are intended to be light and not taken to failure with a focus on slow and controlled reps.

In coaching circles, it's customary to split back movements into two groups: vertical pulls and horizontal pulls.

VERTICAL PULLS

For vertical pulls, our main two options are the wide grip pull up and the lat pulldown. There are many variations on these including pulldown machines, 1 arm variations, etc. but we'll focus on what the scientific literature has to say about the most common movements and then (within reason) mindfully extrapolate that information to other exercises.

While many trainers and athletes put the pull up on a pedestal, a 2013 study from Doma and colleagues showed no difference in lat activation between the pull up and the pull down with equal relative loading⁹. It's worth noting that the biceps were more active in the pull up, implying that if you're trying to get some indirect bicep work in, the pull up might be your better option. But if you're trying to isolate the lats and reduce biceps involvement, the lat pulldown could be better. Overall, these are quite comparable movements.

The reason pull ups are included frequently in this program is because I believe that they are generally more suited for steady overload. It is easier to add weights to a pull up belt in smaller increments than it is to add plates to a lat pulldown machine. Also, a pull up bar is very easy to access whereas pulldown equipment can vary in loading and set up from gym to gym. There may also be some theoretical merit to "closed chain exercises"

BACK TRAINING RESEARCH

(where your hands are fixed) over “open chain exercises” (where your hands are free to move)¹⁰.

GRIP, HAND POSITIONING AND EXECUTION

As a whole, research indicates that there isn't much difference between pulldowns to the front of the neck and behind the neck, with 3 studies independently showing no difference in activation^{11,12,13}. Granted, one 2002 paper did show pulldowns to the front to have a slight edge¹⁴. Since pulldowns to the front puts the shoulder in a less vulnerable position and generally allows for the use of heavier loads, this is the technique I recommend.

While the differences are small, a 2014 paper from Andersen and colleagues supports the use of a “medium” grip defined as 1.5 times shoulder width over both narrow (shoulder width) and wide (2x shoulder width) grips¹⁵. They base this recommendation on the observation that there was a trend for higher activation during the eccentric phase for not just the lats, but also the traps and infraspinatus and generally heavier loads could be used with the “medium” grip.

A 2010 paper out of Pennsylvania State University found that lat activation was higher with a pronated (overhand) grip than with a supinated (underhand) grip¹⁶. The V-bar attachment is also effective for training the lats through shoulder extension and in my coaching experience, many trainees report feeling a very strong lat contraction using the neutral grip pulldown. This is why they are included in the program despite the fact that a 2002 paper from Signorale et al. found the wide grip pronated position to yield greater lat activity than the neutral grip pulldown.¹⁴ In my opinion, since activation differences between these variations are relatively minor, the smartest way to ensure maximal growth is to periodically vary the grip being used.

HORIZONTAL PULLS

It's commonly held that vertical pulls hit the lats, developing back width, while horizontal pulls hit the traps and rhomboids, developing back thickness. But this isn't really true since research indicates that horizontal pulls (i.e. rows) yield the same or perhaps even greater lat activity than lat pulldowns¹⁷ and with more trap involvement! So to get the most bang for your buck, a row must be included in your routine for both thickness and width.

Research also shows that rows that do not rely on lower back stabilization cause greater lat recruitment compared to free standing rows¹⁸, so on “lat focused” training sessions including a chest supported row makes sense.



BACK TRAINING RESEARCH

Dumbbell rows and other unilateral pulls are useful because they allow both sides to be worked individually, which can be helpful in preventing or fixing asymmetries. One limitation with the dumbbells, however, is that your potential for overload will be limited to the weight of the heaviest dumbbells in your gym. Also, as a unilateral movement, this exercise is not time-efficient since the total reps will be double that of a comparable bilateral movement.

For barbell rows, borrowing from the research on lat pulldowns, I think a slightly wider than shoulder width, pronated (double overhand) grip is best, and in my coaching experience, doesn't run the same risk as a supinated (double underhand) grip for bicep injury.

In this program there are two variations on the rope facepull used: one with a focus on scapular retraction and one with a focus on external rotation. The former is intended to be thought of as a "rope high row" and will build the mid traps and rhomboids. The latter is intended to strengthen the rotator cuff muscles and rear/side delts. Both are important for developing a strong and complete posterior musculature.

The upright row is included primarily as an upper trap exercise. Since using a rope allows for more freedom at the shoulder joint than a barbell, a rope variation is included in the program. To target the traps over the side delts, you should think about initiating the movement "up" using the traps and "shrugging" at the top of each rep. To prevent shoulder impingement, prevent the elbows from rising too much above shoulder height.

While deadlifts from the floor will train the traps and shoulder stabilizers isometrically, they train so much more leg musculature, which is why I consider the deadlift to be a lower body exercise. To make the movement more trap focused, we will be using rack pulls to reduce the range of motion at the knees and hips and maximize the load placed on the erectors and traps.

Finally, while any program that includes squats and deadlifts should sufficiently train the spinal erectors, lower back extensions are still included in the program for safe measure and for an isolating stimulus.

SAMPLE TRAINING SPLITS

As long as total weekly volume requirements are being met and you are recovering adequately (i.e. not excessively fatigued, sore and/or getting weaker) then how you set up your split around this program is of relatively less importance.

Below are some suggested splits including how to incorporate the back program.

1. UPPER/LOWER SPLIT

Day 1: Upper body + **Back Day 1**

Day 2: Lower Body

Day 3: Rest

Day 4: Upper Body + **Back Day 2**

Day 5: Lower Body

Day 6: **Supplemental Back**

Day 7: Rest

2. PUSH/PULL/LEGS/UPPER/LOWER SPLIT

Day 1: **Back Day 1** (+ optional biceps)

Day 2: Push (Chest, shoulders, triceps)

Day 3: Legs (+ **Supplemental Back**)

Day 4: Rest

Day 5: Upper Body + **Back Day 2**

Day 6: Lower

Day 7: Rest

Note: An additional rest day may be needed after Day 7 on this split.

SAMPLE TRAINING SPLITS

3. PUSH/PULL/LEGS SPLIT (8-9 DAY SPLIT)

Day 1: **Back Day 1** (+ optional biceps)

Day 2: Push (Chest, shoulders, triceps)

Day 3: Legs

Day 4: Rest

Day 5: **Back Day 2** (+ optional biceps)

Day 6: Push (Chest, shoulders, triceps)

Day 7: Legs (+ **Supplemental Back**)

Day 8: Rest

I would personally recommend running split #1 or 2 on this program for the sake of optimizing frequency and the convenience of fitting your full split within a single calendar week. The extra training days in split #3 allow for adequate recovery between sessions, however, the weekly frequency may be slightly sub-optimal. Given this, if this split allows you to train with either more intensity (effort) or with better adherence than the others, then you should go with it.

Remember that regardless of the split you choose, the most important thing is accomplishing the weekly back training volume with the appropriate intensity (RPE). Because of the high training volume in this program, consider lowering your arm work and any other deadlift or hip extension based work by 1-2 working sets per exercise for at least 1-3 weeks to assess your recovery if needed.

BACK EXERCISES

Below are links to the proper form for all exercises included in the program. Because some of these videos are performed by athletes and trainers other than myself, I have provided specific coaching cues in the Notes section of the program to further optimize each movement.

RACK PULL (BELOW KNEE): <https://www.youtube.com/watch?v=aAjN8zS7ldg>

RACK PULL (ABOVE KNEE): As above but with the pins set higher so that the pull begins with the bar just above the knee.

1-ARM LAT PULL-IN: <https://youtu.be/NDmJNX9JrLs?t=3m12s>

WIDE GRIP PULLUPS: <https://youtu.be/eZDJ3SiXrOE?t=2m9s>

Chest Supported Row: <https://youtu.be/NDmJNX9JrLs?t=7m32s>

MOTO ROW SUPERSET: <https://youtu.be/NDmJNX9JrLs?t=7m55s>

ROPE FACEPULL (SCAPULAR RETRACTION): <https://youtu.be/eZDJ3SiXrOE?t=5m55s>

ROPE FACEPULL (EXTERNAL ROTATION): https://youtu.be/ixAs_WcK7RQ?t=7m10s

ROPE PULLOVER: <https://youtu.be/-ZQarVlhUuk?t=3m17s>

BENT OVER BARBELL ROW: https://www.youtube.com/watch?v=2hbnw_wJ5-0

Note: I prefer to use a slightly wider grip than what is being used here. Experiment and find what feels best for you and your limb lengths.

SEATED CABLE ROW: https://www.youtube.com/watch?v=ixAs_WcK7RQ&t=453s

Note: Some trainees prefer to keep a straight back, upright posture and not lean this far forward. I think both can be effective. I do prefer more forward lean personally as I think it provides a greater ROM for the lats with more stretch and also involves the erectors to a greater degree. Be sure to keep the lower back engaged and neutral when doing them this way.



BACK EXERCISES

OMNI-GRIP LAT PULLDOWN: <https://youtu.be/NDmJNX9JrLs?t=4m7s>

Note: Omni-grip refers to using all 3 grip widths (wide, medium and narrow at 2, 1.5 and 1x shoulder width, respectively. All overhead.)

ROPE UPRIGHT ROW: https://www.youtube.com/watch?v=ZmEnA_DPZUI

LOWER BACK EXTENSION: <https://youtu.be/3Erp5RGY3K0?t=7m51s>

Note: Hold weighted resistance to your chest as needed

POWER SHRUG: <https://youtu.be/Zpg-BR07bGw?t=2m27s>

MEADOWS ROW: <https://www.youtube.com/watch?v=eTn3QFAEhhU>

SMITH MACHINE ROW: <https://youtu.be/7PhvyukQ4Sw?t=1m19s>

1-ARM DB UPRIGHT ROW: <https://www.youtube.com/watch?v=VtCGdQti7c0>

REVERSE CABLE CROSSOVER: https://youtu.be/kDhyOrL_1io?t=1m32s



COMMENTS FROM JEFF

For customer support email info@strcng.com.

Please allow up to 4 business days for a reply as this program does not include a personalized coaching package. As much as I love connecting on social media, I am not able to reliably respond to the questions I receive across platforms so please direct any questions to the email above.

Thank you so much for your support and good luck with the training!

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