

The back is broadly divided up into three parts. The Trapezius (Shoulder), Latissimus Dorsi and Erector Spinae (Lower Back). A lot of people tend to neglect working out their back in contrast to their arms, shoulders, or chest. What you can't see in the mirror, you may not think about as much. However, if you workout your chest, work a desk job, use the computer a lot, drive in a car a lot, or text on your phone all the time you will notice that your posture starts to slouch and cause possible neck and shoulder pains. If the back muscles are not strong enough to support your front side then you are at a risk of physical injuries. Don't let that happen. This workout focuses on the foundation of rowing and engaging your shoulder blades to contract the lats.

Back 1	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1a	Supinated (bottom) Seated Row	30 seconds between supersets	3 sets	15	Lean against the pad
1b	Pronated (top) Seated Row			15	Torso straight, off of the pad
2	MTS Front Pull Down	30 seconds	3 sets	15	Should be able to go fairly heavy and stay in the rep range. Challenge yourself. Make sure to get the stretch at the top.
3	Incline Dumbbell Row	30 seconds	3 sets	15	Set incline to 45 degrees.
4	Supinated Barbell Row	30 seconds	3 sets	15	Add weight each set
5	Back Extension	30 seconds	3 sets	15	Keep your back straight.