

Now that you have gone through “Back 1” it's time to advance on more isolations to widen and thicken the back. You should have a general understanding of contracting your back muscles, now we will hit different angles as well as use techniques of negatives and isolations. Remember, negatives are the last half of the rep movement that goes back to the starting position. Control the negative with slower speed and you'll be able to recruit more Fast-Twitch muscle fibers to grow. Spread those Wings!

Back 2	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1	Wide Grip Lat Pull Down	30 seconds	3 sets	15	Control your negatives.
2	T-bar Row	30 seconds	3 sets	15	Hold the last rep and release slowly (negative)
3	90 Degree Dumbbell Row	30 seconds	3 sets	15	If you're not feeling it, you ain't doing it.
4	Reverse Fixed Pull Down	30 seconds	3 sets	15	
5	Shrug Row	30 seconds	3 sets	15-20	Stay down, don't let your upper body come up.