



SIX WEEK TRANSFORMATION TRAINER



Day 17: Back & Abs

Exercise	Sets	Reps	Rest between sets	Comments
Lat Pulls	6	25, 15, 10, 10, 15, 25	Rest replicates reps	
T-bar rows	6	25, 15, 10, 10, 15, 25	Rest replicates reps	
Seated cable row	6	25, 15, 10, 10, 15, 25	Rest replicates reps	
Deadlifts	6	15, 10, 5, 5, 10, 15	Rest replicates reps	
Dumbbell shrugs	6	30, 20, 10, 10, 20, 30	Rest replicates reps	
Superset				
Standing cable crunch	5	30		
Exercise ball alternating crunches	5	30 per side	1 minute	