

Back Cutting Routine

Exercise	Sets	Reps
Smith Machine Bent-Over Row superset with	3	10,12,15
Inverted Smith Machine Pull-up*	3	12,12,12
T-Bar Row superset with	3	10,12,15
Dual Dumbbell Row**	3	12,12,12
Close Grip Pulldown	3	12,12,12
Decline Barbell Pullover [^]	3	12,12,12

* Set the bar on the smith machine to about 3 feet off the floor. Grab the bar at a width you'd normally use for barbell rows and position your body under it. Extend your arms and hang from the bar with your legs straight and heels resting on the floor at body's length in front of you. Maintaining this body position, pull up on the bar until your chin is over it, and then lower to the starting position.

** This movement is similar to a bent-over row but is done with dumbbells.

[^] This is simply a pullover done on a decline bench, using a barbell rather than a dumbbell.