

Strength and Power Back Routine

Exercise	Sets	Reps
Rack Pull*	3	5,5,5
Sumo Deadlift	6	10,8,6,5,5,3
Bent-Over Barbell Row	6	10,8,6,5,5,3
Weighted Pull-Up	3	10,10,10**

* Inside a power rack, place the bar on the safeties just under knee level. Grasp the bar just outside your legs. Keeping your abs tight, back flat, arms straight and chest up, press through the floor with your legs to raise the bar, dragging it up your quads until your in standing position. Lower the bar along the same path, allowing it to settle on the safety bars, and then repeat.

** On your last set, after reaching failure with weighted belt on, drop the weight and rep until failure again.