

# Grab & Go Workouts

Presented by the Fitness Centers

Created by: Brandon Ortiz



Name of Workout:	Back Attack
Primary Target Area:	Back
Approximate Time:	60 min
Skill Level:	Beginner to Advanced

**Warm-up:** (1) Shoulder taps (2) Band pull-apart

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Pull-up or Chin-up	3	6 - 12	60-90 sec	Use assisted pull-up machine if you can not pull your own bodyweight up
Barbell Row	4	6-12 reps	60-90 sec	Keep elbows in close and retract your scapula
Lat Pulldown	3-4	6-12 reps	60 sec	Pull shoulder blades down into your "back pockets"
Lying Dumbbell Row	3	8-12 reps	45-60 sec	Keep chest against the bench and retract scapula
Straight-arm pulldown	3	8-12 reps	45-60 sec	Keep arms straight throughout movement. Should not feel burn in triceps
Landmine Row/T-bar Row	3	8-12 reps	60 sec	Keep back neutral and elbows in close

**Cool Down:** Rowing machine for 5-10 min at a low resistance

Additional Notes:

Try to perform each exercise with strict form and no "cheat" reps.

Questions or Comments? Please email [fitness@oswego.edu](mailto:fitness@oswego.edu)



## Sample Diagrams

### Pull-up and Chin-up



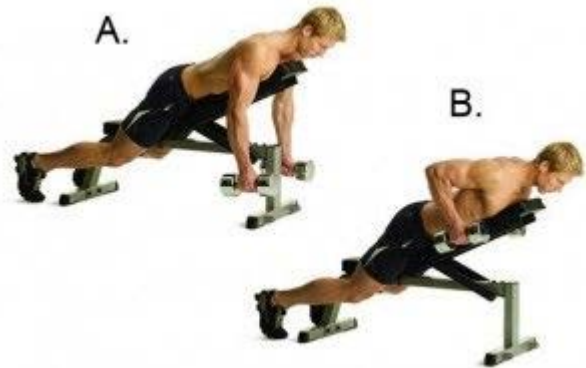
### Barbell Row



### Lat Pull-Down



### Lying Dumbbell Row



### Straight Arm Pulldown



### Landmine/T-Bar Row

