

# Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Build a Cobra Back
Primary Target Area:	Back
Approximate Time:	1 hour 30 minutes
Skill Level:	Intermediate to Advanced

Warm-up: 5-10 minutes of cardio on a machine of your choice.

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Conventional Deadlift	5	12, 10, 8, 6, 4	2-3 minutes	Each set drop the reps but add 5-10lbs of weight. This does not include your warm-up sets.
Bent Over Overhand Barbell Row	4	12, 10, 8, 6 See Deadlift Format in Notes	1 ½ - 2 minutes	Maintain a flat back that is near parallel to the ground.  Pull with you back, not your biceps
T-Bar Row (Use a V-Bar)	4	12, 10, 8, 6 See Deadlift Format in Notes	1 ½ - 2 minutes	Flex your elbows and retract the shoulder blades, pulling the weight to your chest Pause at the top of the motion
Wide-Grip LAT Pulldown	4	12, 10, 8, 6 See Deadlift Format in Notes	1½ - 2 minutes	Bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back.  Squeeze at full contraction
Superset: 1a) Cable Mid Rows 2a) One Arm Dumbbell Row	4	8- 10 reps	1½ minutes	Complete both exercises before you rest.
Neutral-Grip Pullups (Complete on Assisted Machine if necessary)	4	Rest Pause of 15 -20 reps	1 minutes	Go until failure and rest for 15 seconds; then, do as many reps as you can until you fail again. Repeat until you hit 15-20 reps.

Cool Down:

Stretching: 1a) Supermans 1b) Seated Spinal Stretch 1c) LATS on Foam Roller



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

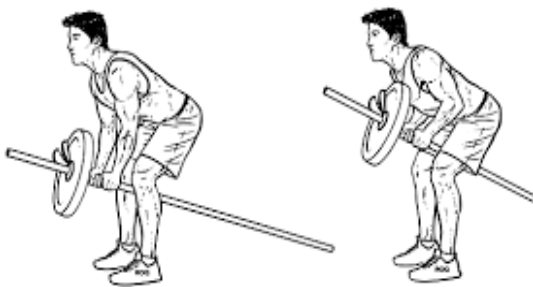
### Sample Diagrams

**Deadlift:**



**T-Bar Row:**

**Seated Spinal Stretch:**



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