

Grab & Go Workouts

Presented by the Fitness Centers

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Name of Workout:	Lat Pulls Give You Wings
Primary Target Area:	Back
Approximate Time:	60-90 minutes
Skill Level:	Intermediate

Warm-up: 10 minutes of light cardio

Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Conventional Deadlift	5	6-8	2 minutes	Take your time, form is extremely important.
Barbell Row	4	12-15	1 minute	Don't let your legs help in performing the lift.
T-Bar Row	4	12-15	1 minute	Squeeze your shoulder blades together at max contraction.
Wide-Grip Lat Pulldown	4	12-15	1 minute	Never curl your back to bring down the weight.
Wide-Grip Cable Rows	4	12-15	1 minute	Keep your back straight with a slight bend in the knee.
Single-Arm Dumbbell Row	4	12-15 each side	1 minute	Keep your back flat.
Pull-Ups	3	15	30 seconds	Use assistance if 15 reps can't be reached.
Rack Pulls	5	6-8	2 minutes	Shoulders back at all times.

Additional Notes:

Practice the movements before upping the weight to avoid serious lower back injury.

Questions or Comments? Please e-mail fitness@oswego.edu



Sample Diagrams

Conventional Deadlift



Barbell Row



T-Bar Row



Rack Pull

