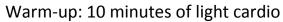
Grab & Go Workouts

Presented by the Fitness Centers Created by: John Zopf

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





Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Conventional Deadlift	5	6-8	2 minutes	Take your time, form
				is extremely
Doub all Doub	4	42.45	4	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	1 minute	Keep your back flat.
		each side		
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

