



BACK & BIS

STAY ON TOP OF YOUR GAME.

4 SETS | 8-12 REPS

BACK & BIS

- INCLINE SEAL ROWS W/ SWISS BAR
- PLANK HOLD
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- FULL KNEELING TUBE ROWS
- FLOOR HIGH CABLE ROPE ROWS
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- SEATED CABLE 1 ARM ROWS
- CABLE CURLS
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- SWISS BAR HAMMER CURLS
- INVERTED ROWS

*each cluster of dots is to be done together as a superset/giant set

FOCUSED.



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