



**ROAD TO SHERU CLASSIC
TRANSFORMATION SERIES**

TRAINING PLAN DAY 17

BACK

Warm up -

-Cardio treadmill 15-20 minutes.

Control intensity accordingly to your level.

☒As a beginner you can choose normal walk

☒If you are an intermediate.

You can make the splits like - 4-1 x 4 (4 minutes normal walk and 1 minute medium intensity running)

☒If you an advance level person. you can go with 2-1 X 5 or 2-1 x 6.

I will be going with 2-1x6 pattern.

UPPER BODY WARMUP

☒Banded rotator cuff warm-up.

☒Banded biceps curls.

☒Banded chest squeeze

☒banded triceps push down

EXERCISE 1 INCLINE BENCH DUMBBELL ROWS

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity (10-12 reps)

Set 3 – High intensity (8-10 reps)

EXERCISE 2 LAT PULL DOWN

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

EXERCISE 3 NEUTRAL GRIP SEATED ROWING

Set 1 - Medium intensity (12-15 reps)

Set 2 – High intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

EXERCISE 4 STRAIGHT ARM LAT PULL DOWN

Set 1 – Medium intensity (15 reps)

Set 2 – High intensity (15 reps)

Set 3 – High intensity (15 reps)

Set 4 – High intensity (15 reps)

Set 5 – High intensity (15 reps)

Set 6 – Medium intensity (15 reps)

Set 7 – Medium intensity (15 reps)

**** REST PERIOD IS 45-60 SECONDS IN EACH SET ****