



## **TRAINING PLAN DAY 12**

### **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 are an advanced 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 T-BAR ROW**

Set 1 - Warm up (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

Set 4 – High intensity (8-10 reps)

### **EXERCISE 2 Seated Row**

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

### **EXERCISE 3 Lats Pull Down**

Set 1 - Medium intensity (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – Medium intensity (10-12 reps)

### **EXERCISE 4 Straight Arm Lats Pull**

Set 1 – Warm Up (12-15 reps)

Set 2 – Warm Up (12-15 reps)

Set 3 – Medium intensity(12-15 reps)

Set 4 – Medium intensity(12-15 reps)

Set 5 – Medium intensity(12-15 reps)

Set 6 – Medium intensity(12-15 reps)

Set 7 – Medium intensity(12-15 reps)

Time gap between each set will be 45 seconds to 70 seconds