

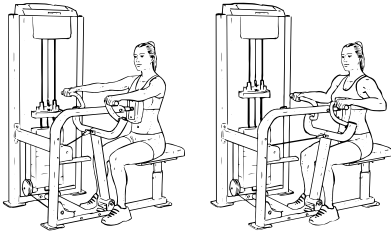
# Back Attack

Arms, Back, Legs

BP

Brian P.

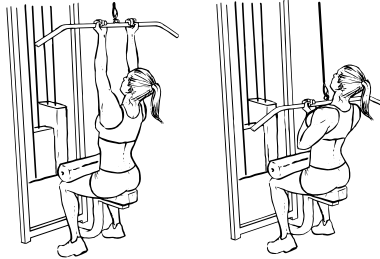
## Seated Machine Back Row



**5 sets 8 reps**

superset with step back lunges

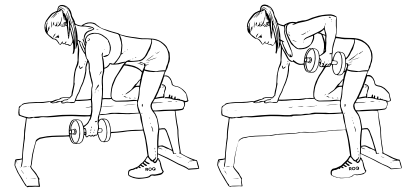
## Close Grip Lat Pulldowns



**5 sets 10 reps**

superset with sumo squats

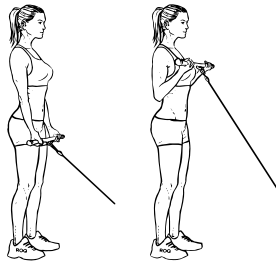
## One-Arm Dumbbell Rows



**6 sets 10 reps**

You'll do 2 sets on each arm before supersetting with walking lunges

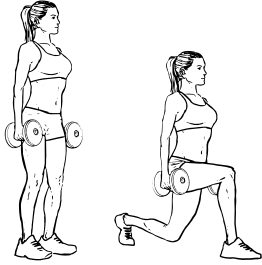
## Standing Bicep Cable Curls



**5 sets 10 reps 45 sec rest**



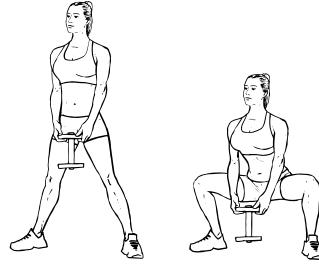
**Reverse Dumbbell Lunges**



**5 sets 10 reps**

superset with back row

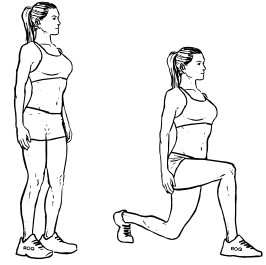
**Sumo / Plié Dumbbell Squats**



**5 sets 20 reps**

superset with lat pulldown

**Bodyweight Walking Lunges**



**5 sets 20 reps**

superset with dumbbell rows