

## Workout 2: Back & Triceps

EXERCISE	SETS	REPS	NOTES
1. Barbell Row	4	8-10	
2. DB Overhand Row to Neutral	4	8	
3. SUPERSET: 3 Rounds			2 min break b/w rounds
a) Cable Rope Face Pulls		10-12	
b) Cable Rope Pulls		10-12	
4. Cable Tricep Pushdown	4	12-15	
5. Single Arm Branded Push Back	3	10-12	