

# BACK AND TRAPS

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Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Front Pull Up								
Reverse Grip Pull Up								
Pull Downs*								
Seated Row								
Overhead Row*								
Romanian Deadlift*								
Bent Over Flys*								
One Arm Shrugs*								
Two Arm Shrugs*								

Sets X 4

\* Standing using overhead pulldown machine. Pull straight towards you allowing arms to follow through.

\* Use V Bar.

\* Bend at the lower back until flat.

\* Thumbs down.

\* Front of body.

\* Sides of body.

All Exercises should be performed at 4 X 10-15

It is not necessary to use max weight with these workouts

