

# Sexy Back Workout

"Train like a beast, look like a beauty"



# **Thank you for purchasing the Fitfully Chic Sexy Back Workout. Enclosed you will find your workout schedule and exercise guide.**

**PROGRESSIVE SET:** A progressive set is where you pyramid up in weight as you reduce your rep range and then reverse the pyramid to return to your starting weight and rep range. For example: You perform an exercise for 15 reps at 50 lbs., you will now add 2.5-5 lbs. and perform 12 reps, then repeat and add another 2.5-5 lbs. and perform 8 reps. After completing 8 reps at your highest weight you keep the weight the same and perform another 8 reps, then reduce the weight by 2.5-5 lbs. and perform 12 reps, and finally return to your starting weight and perform 15 reps.

**SUPERSET:** A super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed rep range. Then taking a 20 – 30 seconds rest before starting the next set.

An example of how this technique is executed would be as follows: You choose your starting weight for both exercises and perform exercise A for 15 reps, then immediately perform exercise B for 15 reps. You now take a few seconds to add 2.5-5 lbs. to each exercise and perform 12 reps for exercises A & B and so forth until the prescribed set/rep range is met.

**PROGRESSIVE SUPER SET:** In a progressive super set you combine both of the above techniques. You perform 2 exercises A & B back to back for each like rep range as you pyramid up in weight 2.5-5 lbs. for each set and then reverse after your lowest rep range until you return to your starting weight.

**BURN OUT SET:** In a burn out set you are performing a high amount of repetitions and increasing the weight by 2.5-5 lbs. every 10 reps. The following is an example of how this technique is executed: You choose your starting weight and have a prescribed rep range of 30. Begin the exercise and when you reach 10 reps increase the weight by 2.5-5 lbs. and perform another 10 reps. When you have reached 20 reps once again add 2.5-5 lbs. and perform the final 10 reps. This is one set. Repeat this cycle until you have met the prescribed rep and set range.

**SINGLE SET:** A single set is comprised of one single exercise performed for a prescribed rep and set range. This is an example of how this type of set is executed. You have one single exercise, perform the movement for the prescribed amount of reps and then rest for 30 seconds before moving on to the next set. Repeat this cycle until you achieve the prescribed rep/set range.

# Exercise Guide

**BARBELL DEADLIFT:** 1. Load barbell with appropriate weight on floor in front of you (keep the weight lift when starting to assure that you maintain proper form and avoid injury). Approach the bar so that it is centered over your feet. Your feet should be about hip width apart. Bend at the hip to grip the bar at shoulder width, allowing your shoulder blades to protract. Typically, you would use an overhand grip or an over/under grip on heavier sets. With your feet, and your grip set, take a big breath and then lower your hips and bend the knees until your shins contact the bar. 2. Look forward with your head, keep your chest up and your back arched, and begin driving through the heels to move the weight upward. After the bar passes the knees, aggressively pull the bar back, pulling your shoulder blades together as you drive your hips forward into the bar. 3. Lower the bar by bending at the hips and guiding it to the floor.

**SINGLE ARM KETTLEBELL ROW:** 1. Choose a flat bench and place a kettlebell on each side of it. 2. Place the right leg on top of the end of the bench, bend your torso forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support. 3. Use the left hand to pick up the kettlebell on the floor and hold the weight while keeping your lower back straight. The palm of the hand should be facing your torso. This will be your starting position. 4. Pull the resistance straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso stationary. Breathe out as you perform this step. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position.

Also, make sure that the force is performed with the back muscles and not the arms. Finally, the upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the dumbbell; therefore do not try to pull the kettlebell up using the forearms. 5. Lower the resistance straight down to the starting position. Breathe in as you perform this step. 6. Repeat the movement for the specified amount of repetitions, and then switch sides and repeat movement.

**CABLE WIDE PULL DOWN:** 1. Sit down on a pull-down machine with a wide bar attached to the top pulley. Make sure that you adjust the kneepad of the machine to fit your height. These pads will prevent your body from being raised by the resistance attached to the bar. 2. Grab the bar with the palms facing forward using a wide grip, your hands need to be spaced out at a distance wider than shoulder width. As you have both arms extended in front of you holding the bar at the chosen grip width, bring your torso back around 30 degrees or so while creating a curvature on your lower back and sticking your chest out. This is your starting position. 3. As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the bar; therefore do not try to pull down the bar using the forearms. 4. After a second at the contracted position squeezing your shoulder blades together, slowly raise the bar back to the starting position and repeat.

**CLOSE CABLE PULL DOWN:** 1. Sit down on a pull-down machine with a wide bar attached to the top pulley. Make sure that you adjust the kneepad of the machine to fit your height. These pads will prevent your body from being raised by the resistance attached to the bar. 2. Grab the bar with the palms facing forward using a close grip, your hands need to be spaced out at a distance closer than shoulder width. As you have both arms extended in front of you holding the bar at the chosen grip width, bring your torso back around 30 degrees or so while creating a curvature on your lower back and sticking your chest out. This is your starting position. 3. As you breathe out, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. The forearms should do no other work except for holding the bar; therefore do not try to pull down the bar using the forearms. 4. After a second at the contracted position squeezing your shoulder blades together, slowly raise the bar back to the starting position and repeat.

**BARBELL ROW:** 1. Stand up straight while holding a barbell using a wide (higher than shoulder width) and overhand (palms facing your body) grip. 2. Bend knees slightly and bend over as you keep the natural arch of your back. Let the arms hang in front of you as they hold the bar. Once your torso is parallel to the floor, flare the elbows out and away from your body. 3. While keeping the upper arms perpendicular to the torso, pull the barbell up towards your upper chest as you squeeze the rear delts and you breathe out. Tip: When performed correctly, this exercise should resemble a bench press in reverse. Also, refrain from using your biceps to do the work; arms should only act as hooks. 4. Slowly go back to the initial position as you breathe in. 5. Repeat for the recommended amount of repetitions.

**SEATED ROW:** 1. For this exercise you will need access to a low pulley row machine with a V-bar. Note: The V-bar will enable you to have a neutral grip where the palms of your hands face each other. To get into the starting position, first sit down on the machine and place your feet on the front platform or crossbar provided making sure that your knees are slightly bent and not locked. 2. Lean over as you keep the natural alignment of your back and grab the V- bar handles. 3. With your arms extended pull back until your torso is at a 90-degree angle from your legs. Your back should be slightly arched and your chest should be sticking out. You should be feeling a nice stretch on your lats as you hold the bar in front of you. This is the starting position of the exercise. 4. Keeping the torso stationary, pull the handles back towards your torso while keeping the arms close to it until you touch the abdominals. Breathe out as you perform that movement. At that point you should be squeezing your back muscles hard. Hold that contraction for a second and slowly go back to the original position while breathing in. 5. Repeat for the recommended amount of repetitions.

**DUMBBELL PULLOVER:** 1. Place a dumbbell standing up on a flat bench. Ensuring that the dumbbell stays securely placed at the top of the bench, lie perpendicular to the bench (torso across it as in forming a cross) with only your shoulders lying on the surface. Hips should be below the bench and legs bent with feet firmly on the floor. The head will be off the bench as well. 2. Grasp the dumbbell with both hands and hold it straight over your chest with a bend in your arms. Both palms should be pressing against the underside one of the sides of the dumbbell. This will be your starting position. Caution: Always ensure that the dumbbell used for this exercise is secure. Using a dumbbell with loose plates can result in the dumbbell falling apart and falling on your face.

3. While keeping your arms locked in the bent arm position, lower the weight slowly in an arc behind your head while breathing in until you feel a stretch on the chest. 4. At that point, bring the dumbbell back to the starting position using the arc through which the weight was lowered and exhale as you perform this movement. 5. Hold the weight on the initial position for a second and repeat the movement

**PULL UP:** 1. Grab the pull-up bar with the palms facing forward using the medium grip, your hands need to be spaced out at a distance equal to your shoulder width. 2. As you have both arms extended in front of you holding the bar at the chosen grip width, bring your torso back around 30 degrees or so while creating a curvature on your lower back and sticking your chest out. This is your starting position. 3. Pull your torso up until the bar touches your upper chest by drawing the shoulders and the upper arms down and back. Exhale as you perform this portion of the movement. Tip: Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary as it moves through space and only the arms should move. The forearms should do no other work other than hold the bar. 4. After a second on the contracted position, start to inhale and slowly lower your torso back to the starting position when your arms are fully extended and the lats are fully stretched, repeat movement.

**Are you ready to get started?**



# REPS

# EXERCISE

## Progressive Set

15	Barbell Deadlift
12	Barbell Deadlift
10	Barbell Deadlift
8	Barbell Deadlift

## Super Set

15	Iso KB Row, L Iso KB Row, R
15	Iso KB Row, L Iso KB Row, R
15	Iso KB Row, L Iso KB Row, R
15	Iso KB Row, L Iso KB Row, R

# REPS

# EXERCISE

## Progressive Super Set

12 Wide Lat Pulldown  
Close Lat Pulldown

10 Wide Lat Pulldown  
Close Lat Pulldown

8 Wide Lat Pulldown  
Close Lat Pulldown

6 Wide Lat Pulldown  
Close Lat Pulldown

## Progressive Set

20 Barbell Row

15 Barbell Row

12 Barbell Row

10 Barbell Row

# REPS

# EXERCISE

## Super Set

15

Seated Row  
DB Pullover

15

Seated Row  
DB Pullover

15

Seated Row  
DB Pullover

15

Seated Row  
DB Pullover

## Progressive Super Set

12

Iso Lat Raise, L  
Iso Lat Raise, R

10

Iso Lat Raise, L  
Iso Lat Raise, R

# REPS

# EXERCISE

8

Iso Lat Raise, L  
Iso Lat Raise, R

6

Iso Lat Raise, L  
Iso Lat Raise, R

## Shoulder Burn Out

30 Seconds

Pull Ups

30 Seconds

Pull Ups