

Workout Sheet

Workout B (Back, Hamstrings)

Level Intermediate

Perceived Exertion

Duration 01:30:00

Notes Remember: the purpose is to get the blood into the muscle as quickly as possible, for as long as possible. Very important value for muscle repair. From week to week, feel free to modify the exercise arrangement (by muscle group).

Chin-up

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes Weighted or assisted

Rear Pulldown (Cable)

	Reps	Rest	Intensity	Weight
Set 1	12	30 sec		
Set 2	12	30 sec		
Set 3	12	30 sec		
Set 4	12	30 sec		
Set 5	12	30 sec		
Set 6	12	30 sec		
Set 7	12	30 sec		
Set 8	12	30 sec		

Notes

Front Pulldown (Cable)

	Reps	Rest	Intensity	Weight
Set 1	12	30 sec		
Set 2	12	30 sec		
Set 3	12	30 sec		
Set 4	12	30 sec		
Set 5	12	30 sec		
Set 6	12	30 sec		

Notes Large grip

Bent-over Row (Barbell)

	Reps	Rest	Intensity	Weight
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	Reps	Rest	Intensity	Weight
Set 1	12	30 sec		
Set 2	12	30 sec		
Set 3	12	30 sec		
Set 4	12	30 sec		
Set 5	12	30 sec		
Set 6	12	30 sec		

Notes

Lying Leg Curl

	Reps	Rest	Intensity	Weight
Set 1	15	1 min		
Set 2	15	1 min		
Set 3	15	1 min		
Set 4	15	1 min		
Set 5	15	1 min		
Set 6	15	1 min		
Set 7	15	1 min		
Set 8	15	1 min		

Notes

Standing Leg Curl

	Reps	Rest	Intensity	Weight
Set 1	15	1 min		
Set 2	15	1 min		
Set 3	15	1 min		
Set 4	15	1 min		
Set 5	15	1 min		
Set 6	15	1 min		
Set 7	15	1 min		
Set 8	15	1 min		

Notes