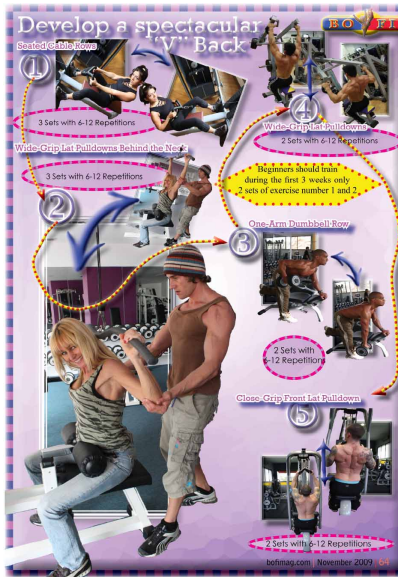


Develop a spectacular "V" Back

Written by

DATE_FORMAT_LC2 -



Develop a spectacular "V" Back

Seated Cable Rows -- 3 Sets with 6-12 Repetitions

Wide-Grip Lat Pulldowns -- 2 Sets with 6-12 Repetitions

Wide-Grip Lat Pulldowns Behind the Neck -- 3 Sets with 6-12 Repetitions

One-Arm Dumbbell Row -- 2 Sets with 6-12 Repetitions

Close-Grip Front Lat Pulldown -- 2 Sets with 6-12 Repetitions

Beginners should train during the first 3 weeks only 2 sets of exercise number 1 and 2

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