



# M.A.S.S. Back Routine

Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm-Up/Stretch  
 Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cooldown

EXERCISE	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
<b>Deadlifts</b>				
SET 1		4		Rest interval between sets: 2 minutes max.
SET 2		4		
SET 3		4		
<b>Bent-Over Barbell Rows (overhand grip)</b>				
SET 1		6		Rest interval between sets: 2 minutes max.
SET 2		8		
SET 3		10		
<b>Seated Rows</b>				
SET 1		12		Rest interval between sets: 2 minutes max.
SET 2		10		
SET 3		8		
<b>Chin-Ups*</b>				
SET 1		8		Rest interval between sets: 2 minutes max.
SET 2		8		
SET 3		8		
<b>Behind-The-Neck Pulldowns</b>				
SET 1		10		Rest interval between sets: 2 minutes max.
SET 2		12		

### NOTES

\*For the most hardcore, try adding weight around your waist on chin-ups to really jack up the intensity!

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_  
 \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_

### MUSCLETECH® SUPPLEMENTS USED

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# M.A.S.S. Back Routine

Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm-Up/Stretch  
 Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cooldown

EXERCISE	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
<b>Deadlifts</b>				
SET 1		4		Rest interval between sets: 2 minutes max.
SET 2		4		
SET 3		4		
<b>Bent-Over Barbell Rows (overhand grip)</b>				
SET 1		6		Rest interval between sets: 2 minutes max.
SET 2		8		
SET 3		10		
<b>Seated Rows</b>				
SET 1		12		Rest interval between sets: 2 minutes max.
SET 2		10		
SET 3		8		
<b>Chin-Ups*</b>				
SET 1		8		Rest interval between sets: 2 minutes max.
SET 2		8		
SET 3		8		
<b>Behind-The-Neck Pulldowns</b>				
SET 1		10		Rest interval between sets: 2 minutes max.
SET 2		12		

### NOTES

\*For the most hardcore, try adding weight around your waist on chin-ups to really jack up the intensity!

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_  
 \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_

### MUSCLETECH® SUPPLEMENTS USED

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_