

# BOD EXCLUSIVE: SAGI'S BACK AND SHOULDERS

## Warm Up

Super Set

Close Grip Chin Up

10 Reps      10 Reps      10 Reps

--	--	--

Kneeling Supinated Pull Downs

15 Reps      12 Reps      10 Reps

--	--	--

Low Row in Squat Stance

12 Reps      10 Reps      8 Reps      Drop Set      Drop Set      Drop Set

--	--	--	--	--	--

1 Arm Barbell Row

RIGHT  
LEFT

10 Reps      8 Reps      6 Reps      Drop Set      Drop Set (to failure)


Military Press (Seated)

7x7      Same Weight Each Set – Minimal Rest

--	--	--	--	--	--	--

Super Set

Upright Row (Oly Bar)

12 Reps      10 Reps      8 Reps

--	--	--

Side Raises (Cable)

RIGHT  
LEFT

10 Reps      10 Reps      10 Reps


Super Set

Kneeling Rear Fly

15 Reps      12 Reps      10 Reps

--	--	--

Pull Down Flex (No Weight)

5 Reps      5 Reps      5 Reps      To Failure

--	--	--	--

## Cool Down