



## BACK ATTACK

BY CODY DEMUTH

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### Directions:

1. Always warm up before your workout and don't forget to stretch afterward
2. Try 2-4 rounds (6-12 repetitions) of each exercise depending on your fitness level
3. Practice good posture with each exercise focusing on squeezing your shoulder blades together
4. Remember to breathe through each repetition of each exercise

### Variations:

- Take longer rest periods (90-120 sec) to get a more strength-focused workout
- Shorten the rest periods (45-60 sec) to get an added cardiovascular effect during the workout

### Exercises:

- Pull ups
- Bentover dumbbell rows
- Lat pulldowns
- Seated cable rows
- Straight arm pulldowns
- Face pulls
- Supermans

Our back muscles help with posture, so it is extremely important to strength train them at least once per week!

*See a Personal Trainer for more detailed instructions or a demonstration.*



**Wisconsin Athletic Club**  
**FIND YOUR FIT.**

Always consult your physician before starting any exercise program.  
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