

Category: Training

BEST EXERCISES FOR MASSIVE BACK

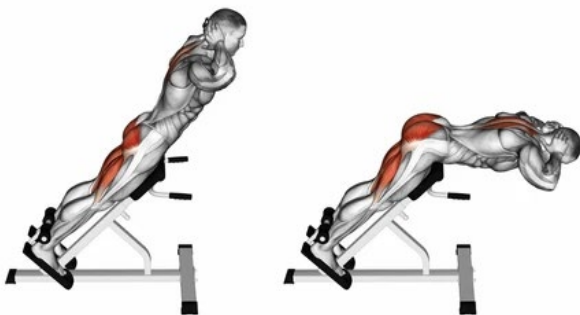
UPPER BACK: CHEST SUPPORTED ROWS



LATS : UNILATERAL CABLE PULL INS



LOWER BACK : HYPER EXTENSION



SOURCE : N1 TRAINING

**BEST REGARDS
SAUMIL SETHI**