

PROFESSIONAL'S NAME: Joey Schloeder @ MuscleMind (msclnmnd.com)

WORKOUT : MONDAY: BACK/BI DATE: MONTH 1
GOAL: HYPERTROPHY

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Single Arm Lat Pull Downs	3	8 reps	Pre Activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Standard Grip Lat Pulldowns	3	10	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Dumbbell Lawn-mowers	3	10	2/0/2	“	3 sets each side
Bent Over Rows	3	10	2/0/2	“	
Rear Delt Flies	3	10	2/1/2	“	
Pull Up variations	3	AMRAP	2/1/2	30 sec	1 set wide grip, 1 set close grip, 1 set underhand
Heavy Barbell Curls	3	10	2/0/2	“	Olympic bar
Supinated Dumbbell Curls	3	10	2/0/2	“	
Overhand EZ Bar Curls	3	10	2/0/2	“	
Drop Set Dumbbell Curls	3	8	2/1/2	none	1 set heavy. 1 set medium. 1 set light. All 1 circuit.

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill walk/jog cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:

PROFESSIONAL'S NAME: Joey Schloeder @ MuscleMind (msclnmnd.com)

WORKOUT : MONDAY: BACK/BI DATE: MONTH 2
GOAL: HYPERTROPHY

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Single Arm Lat Pull Downs	3	8 reps	Pre Activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Standard Grip Lat Pulldowns	4	9	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Dumbbell Lawn-mowers	4	9	2/0/2	“	3 sets each side
Bent Over Rows	4	9	2/0/2	“	
Rear Delt Flies	4	9	2/1/2	“	
Pull Up variations	3	AMRAP	2/1/2	30 sec	1 set wide grip, 1 set close grip, 1 set underhand
Heavy Barbell Curls	4	9	2/0/2	“	Olympic bar
Supinated Dumbbell Curls	4	9	2/0/2	“	
Overhand EZ Bar Curls	4	9	2/0/2	“	
Drop Set Dumbbell Curls	3	8	2/1/2	none	1 set heavy. 1 set medium. 1 set light. All 1 circuit.

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill walk/jog cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



PROFESSIONAL'S NAME: Joey Schloeder @ MuscleMind (msclnmnd.com)

WORKOUT : MONDAY: BACK/BI DATE: MONTH 3
GOAL: HYPERTROPHY

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Single Arm Lat Pull Downs	3	8 reps	Pre Activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Seated Machine Rows	3	10	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Underhand Lat Pulldowns	3	10	2/0/2	“	
Pull Up variations	3	10	2/0/2	“	1 set wide grip, 1 set close grip, 1 set underhand
Mid pulley Face Pulls	3	10	2/1/2	“	
Straight Arm Lat Pulldown	3	AMRAP	2/1/2	30 sec	
Barbell Preacher Curls	3	10	2/0/2	“	
Low Pulley Rope Curls	3	10	2/0/2	“	
Hammer Curls	3	10	2/0/2	“	
21s	1	21	2/1/2	none	7 reps lower half, 7 reps upper, 7 reps full ROM

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill walk/jog cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



PROFESSIONAL'S NAME: Joey Schloeder @ MuscleMind (msclnmnd.com)

WORKOUT : MONDAY: BACK/BI DATE: MONTH 4
GOAL: HYPERTROPHY

WARM-UP

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Arm Circles		60 seconds	
Single Arm Lat Pull Downs	3	8 reps	Pre Activation: Slow and controlled. Light weight

RESISTANCE

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Seated Machine Rows	4	9	2/0/2	60-90 sec	tempo is 2 second concentric/0 hold/2 eccentric
Underhand Lat Pulldowns	4	9	2/0/2	“	
Pull Up variations	4	9	2/0/2	“	2 set wide grip, 1 set close grip, 1 set underhand. Add weight if needed
Mid pulley Face Pulls	4	9	2/1/2	“	
Straight Arm Lat Pulldown	3	AMRAP	2/1/2	30 sec	
Barbell Preacher Curls	4	9	2/0/2	“	
Low Pulley Rope Curls	4	9	2/0/2	“	
Hammer Curls	4	9	2/0/2	“	
21s	1	21	2/1/2	none	7 reps lower half, 7 reps upper, 7 reps full ROM

COOL-DOWN

Exercise	Sets	Duration	Coaching Tip
Treadmill walk/jog cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips: