

2 Fit 4 You

Back & Abs

Date: _____ Weight: _____ Notes: _____

EXERCISE	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
T-Bar Bent-Over Row						
Barbell Bent-Over Row						
Cable Seated Low Row						
Machine Lateral Pull-Down						
One-Arm Row						
Back Raise						
Ab Crunch Machine						
Cable Crunch						
Cross-Body Crunch						
Crunches						
Decline Crunch						
Sit-Ups						