



BARNDOR BACK

W I D E - T H I C K - T A L L

Simple L.P.

One of the easiest ways to set your upper back work and forget about it. You can plug this into literally any program; just find time before or after your main work to hit your rows and add focus on small weight jumps each session. In 2 months, when you've made a dozen or so 2.5lb jumps, your back will show the tally.

Rules

- Row 2x per week (any day)
 - **Day 1** - 5x5 (same weight)
 - **Day 2** - 5, 8, 12+
- When all reps are met, add weight
- Can use:
 - any barbell row
 - Kroc or power row
 - plate loaded machine
- Use the same exercise for 6 weeks before switching

Example Workout Week

Monday

- *Bench and Accessory*
- *Bent Row*
 - 185 x 5, 5, 5, 5, 5

(add weight next Mon)

Wednesday

- *Squat and Accessory*

Friday

- *Overhead Press and Accessory*
- *Bent Row*
 - 205 x 5, 185 x 8, 165 x 9

(keep weight the same until I hit 12 on last set)

Saturday

- *Deadli and Accessory*

D.U.P.

The DUP approach fits nicely with a whole body approach, so you Silver Era fans who like doing squats, deads, dips, benches, and pullovers in sequence... this is a no brainer. But there is no rule against doing this with a regular body part split (in fact, any enlightened bodybuilder would just call that a specialization phase). If you're desperate for some quick growth, this is one of the best ways to go about it.

Rules

- 1 Row Exercise Each Day
 - **Day 1** - Barbell Row
 - 5x5
 - **Day 2** - Iso Row
 - 4x8
 - **Day 3** - Wide Cable Row
 - 3x12
 - **Day 4** - Kroc Row
 - 2x20
- Progress each li independently of others
- Use the same exercises for 6 weeks before switching

Example Workout Week

Monday

- *Bench*
- *Squat*
- **Bent Row**
 - **185 x 5x5**
 - (go up to 190)

Wednesday

- *Dips*
- *RDL*
- **Hammer Strength Row**
 - **135 x 8, 8, 8, 6**
 - (stay put)

Friday

- *Incline Bench*
- *Zercher Squat*
- **Wide Cable Row**
 - **90 x 3x12**
 - (add micro plate)

Saturday

- *Overhead Press*
- *Deadlift*
- **Kroc Row**
 - **150 x 20, 19**
 - (stay here)

the Strongman

Strongman work is so heavy on the upper back anyways that long dedicated rowing workouts might not be needed. Since rows do such a good job of warming up for loads, carries, flips and deads, I got into the habit of doing my working sets first thing. Not only did this make sure I didn't skip them when my back was sore throughout the week, but it added something to the actual event work. Try this event day as written and tell me how your lats feel the next day.

Rules

- Barbell Row as warmup to lower body and event days
 - 4x6+ (last set to failure)
- Event day includes:
 - Deadli s
 - Farmers
 - Stone/Keg/Bag Loading

Example Workout Week

Monday

- *Bench*

Wednesday

- ***Bent Row***
 - ***4x6+***
- *Squat and Accessory*

Friday

- *Overhead*

Saturday

- ***Bent Row***
 - ***4x6+***
- ***Deadlifts***
 - ***3x5, 1x12+***
- ***Farmer's Walk***
 - ***2x100' (no straps)***
 - ***same weight as far as possible (with straps)***
- ***Stone Over Bar***
 - ***2 x amrap (in 1:00)***

Lazy Lats

I talk shit about row variations that maximize “fatigue to stimulus ratio”, as ‘back fatigue’ is a good thing in a back exercise. Well, for low and mid tier lifters, anyways. But very developed deadlifters and squatters who are pushing the limits of their recovery in those workouts are justified in being picky about where they expend energy. In that case, chest supported rows and lighter trap and rear delt work can keep the back strong without stealing any juice from the next big pulling session.

Rules

- Chest supported back movements
- 2 Exercises a er pressing workout
- 2x per week
 - 3 x 8-12 on each
 - **Day 1:**
 - Row
 - Rear Delts/Traps
 - **Day 2:**
 - Row
 - Rear Delts/Traps

Example Workout Week

Monday

- *Bench and Accessory*
- **T-Bar**
 - **90 x 12, 10, 10**
- **Rear Pec Deck**
 - **40 x 3x12**

Wednesday

- *Squat and Accessory*

Friday

- *Overhead Press and Accessory*
- **Iso Row**
 - **100 x 3x10**
- **DB Incline Seal Row**
 - **45 x 3x12**

Saturday

- *Deads and Accessory*

Sledgehammer

The surest of sure ways to grow: lock yourself in the gym and don't leave until the target has been destroyed. This hits every corner of the back, neck to tailbone, and will warrant a full week of recovery. Any bodypart split enjoyer might do something similar already, just with less volume. But strength guys can easily wedge in a full 'back day' for a few months in the off-season, reap the benefits of quick and nasty growth, then go back to 'specificity' by ignoring anything that isn't a S/B/D.

Rules

- Full High Volume Back Day
- 6 Exercises
 - Barbell Row Machine
 - Row
 - Pulldown
 - Rear Delt
 - Mid Traps/Rhomboids
 - Upper Traps
- 5x5 on Barbell Rows
- 4 x 8-12 on all others

Example Workout Week

Monday

- *Chest and Arms*

Wednesday

- *Legs*

Friday

- *Shoulders*

Saturday

- *Back*
 - *Bent Row*
 - 5x5
 - *Iso Row*
 - 4 x 8
 - *BTN Pulldown*
 - 4 x 12
 - *Rear Pec Deck*
 - 4 x 10
 - *Upright Row*
 - 4 x 8
 - *Hise Shrug*
 - 4 x 12