Phase 3 – Back and Shoulders (Medium)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
Deadlift								
Deadlift								
Deadlift								
DB Rows								
DB Rows								
DB Rows								
Seated Rows								
Seated Rows								
Seated Rows								
OHP								
OHP								
OHP								
Lateral Raises								
Lateral Raises								
Lateral Raises								
Rear Delt Raise								
Rear Delt Raise								
Rear Delt Raise								

Phase 3 – Back and Shoulders (Light)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
Deadlift								
Deadlift								
Deadlift								
Pull Ups								
Pull Ups								
Pull Ups								
Seated Rows								
Seated Rows								
Seated Rows								
Seated Rows								
OHP								
OHP								
OHP								
Lateral Raises								
Lateral Raises								
Lateral Raises								
Lateral Raises								
Seated Ham Curls								
Rear Delt Raise								
Rear Delt Raise								
Rear Delt Raise								
Rear Delt Raise								