



**Episode 11 – Managing Stress
Fitness with Ryan Hughes**

Back Workout

Equipment Needed:

- Pull up bar
- Lat pull down bar on a seated cable machine
- Close grip attachment on a seated row cable machine

Workout Circuit:

- Standard pull ups or chin ups: 10 – 12 reps; 3 – 4 sets
- Wide grip lat pull downs: 10 – 12 reps; 3 – 4 sets
- Seated row: 10 – 12 reps; 3 – 4 sets

Directions:

- Complete the total number of sets for one exercise, and then move on to the next exercise.