

# «SUPER BACK»

8 workouts, 7 exercises to develop the back muscles  
Perform the exercises at the specified tempo  
and pump Super Back!

Created by [GymBlog.ru](#)

Build with [Atletiq.com](#)

Achieve the benchmark for harmonious proportions in 8 workouts using a unique "Super Back" method of training



15 days

8 workouts

~40 minutes

Wide, ripped back — the cherished dream of every athlete. But while some continue to dream, others start to act, achieving stunning results with an effective software package of 7 exercises to strengthen and pump up the back.

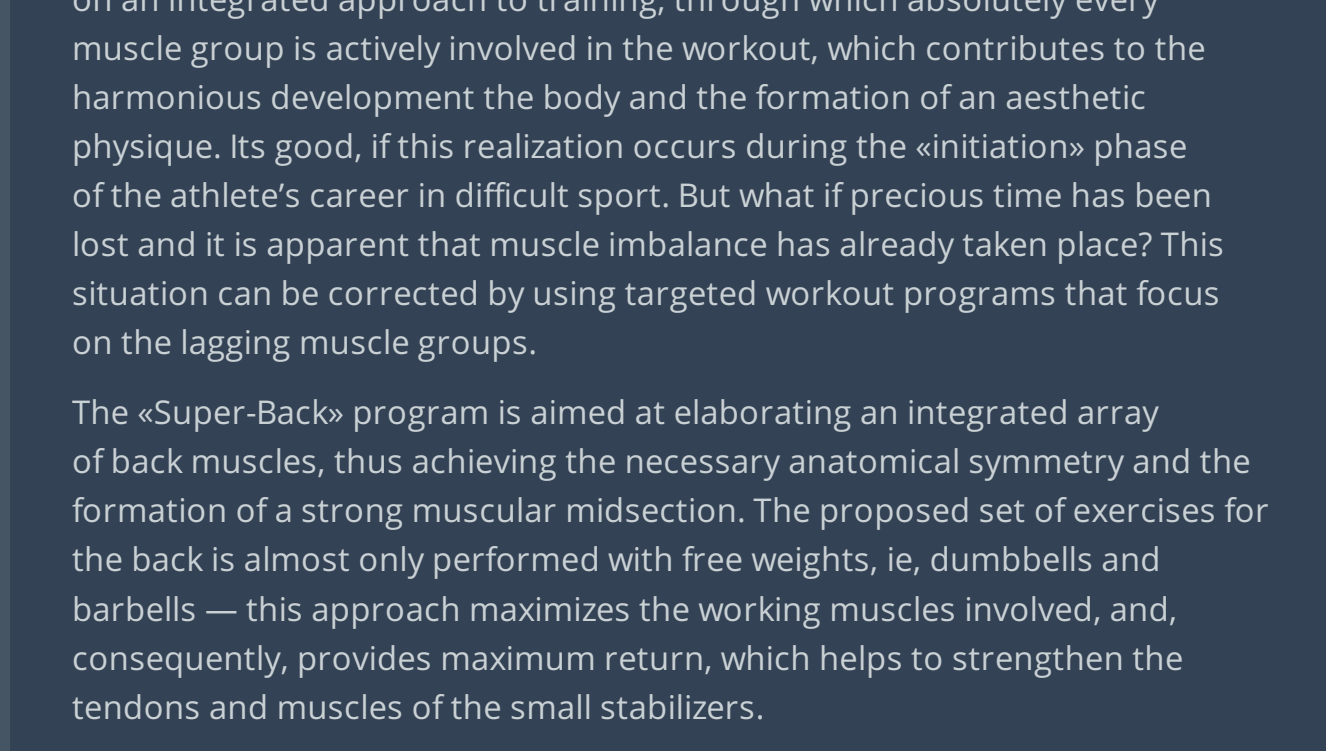
<https://atletiq.com/en/programma/super-spina.html>



Author:  
AtletIQ

AtletIQ — fitness service that brings together coaches and athletes in a single social network with a universal constructor programs and mobile assistant for their performance.

1. Choose a program and perform training with a mobile assistant.
2. The harder the workout, the more points you will earn.
3. Grip in Top athletes as long as possible and become popular.
4. Invite your friends to the service and get bonus Points to activate the closed programs!



Focus on the details: pump up the back, emphasize contours, by using the two-week «super-back» force complex.

The basic principle this serious bodybuilding and powerlifting study is based on an integrated approach to training, through which absolutely every muscle group is actively involved in the workout, which contributes to the harmonious development the body and the formation of an aesthetic physique. Its good, if this realization occurs during the «initiation» phase of the athlete's career in difficult sport. But what if precious time has been lost and it is apparent that muscle imbalance has already taken place? This situation can be corrected by using targeted workout programs that focus on the lagging muscle groups.

The «Super-Back» program is aimed at elaborating an integrated array of back muscles, thus achieving the necessary anatomical symmetry and the formation of a strong muscular midsection. The proposed set of exercises for the back is almost only performed with free weights, ie, dumbbells and barbells — this approach maximizes the working muscles involved, and, consequently, provides maximum return, which helps to strengthen the tendons and muscles of the small stabilizers.

## Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the load established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach

Install App «Mobile Fitness Assistant AtletIQ»: <https://atletiq.com/app>

## The content of of the program

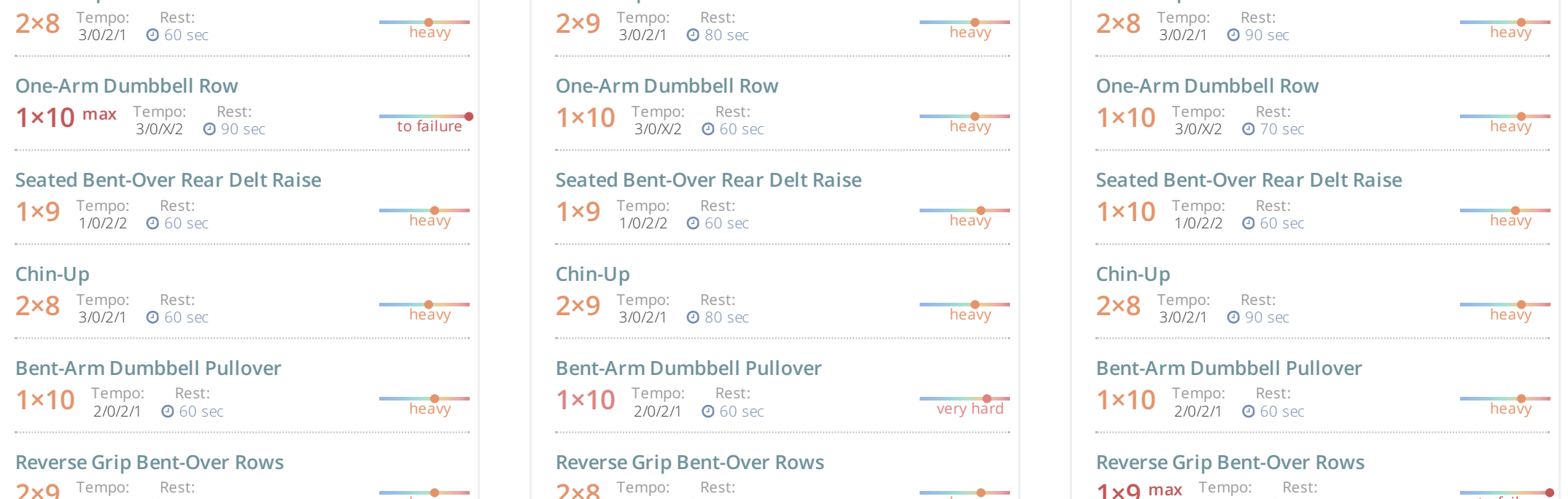
1	<<1>>	Duration in days: 15	Amount of training days: 8	Rest days: 7
---	-------	----------------------	----------------------------	--------------

This summary table shows the boundary values of the main parameters of training. This helps to better understand in what mode will be carried out workouts. All training programs of the AtletIQ are developed considering principle of variability of the training scheme.

#	Exercise (superset)	Sets	Reps	⌚ Rest between sets
1 day				
1	Rack Pulls	2-3	8-10 (+max)	⌚ 90 sec
2	Wide-Grip Pulldown Behind The Neck	2	8-10 (+max)	⌚ 60-90 sec
3	One-Arm Dumbbell Row	1	10 (+max)	⌚ 60-90 sec
4	Seated Bent-Over Rear Delt Raise	1	9-10	⌚ 60 sec
5	Chin-Up	1-2	8-10 (+max)	⌚ 60-90 sec
6	Bent-Arm Dumbbell Pullover	1	10	⌚ 60-90 sec
7	Reverse Grip Bent-Over Rows	1-2	8-10 (+max)	⌚ 90 sec
2 day (rest)				

## Training intensity for each exercise

This graph provides information about how the intensity of the workouts in this program will change, and what contribution to the overall load each of the exercises will make. In other words, you can assess which workouts will be easier, and which — heavier.

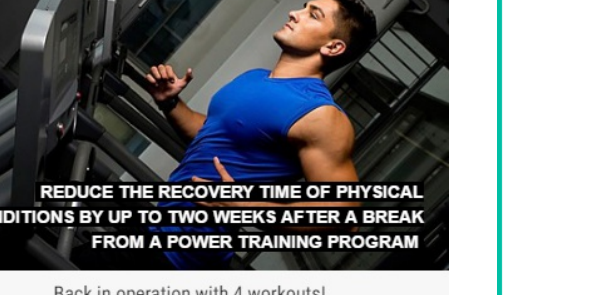


For each exercise AtletIQ calculate a weight (or adjust the number of repetitions), so that you can perform a specified number of repetitions with a given load level.

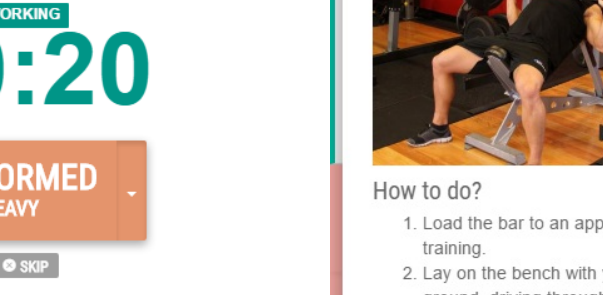
<b>Workout #1</b> ⌚ 39 min Rack Pulls 3×8 Tempo: 2:00/1/1 Rest: ⌚ 90 sec heavy Wide-Grip Pulldown Behind The Neck 2×8 Tempo: 3:00/2/1 Rest: ⌚ 60 sec heavy One-Arm Dumbbell Row 1×10 max Tempo: 3:00/2 Rest: ⌚ 90 sec to failure Seated Bent-Over Rear Delt Raise 1×9 Tempo: 1:00/2 Rest: ⌚ 60 sec heavy Chin-Up 2×8 Tempo: 3:00/2/1 Rest: ⌚ 90 sec heavy Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 60 sec heavy Reverse Grip Bent-Over Rows 2×9 Tempo: 2:00/2 Rest: ⌚ 90 sec heavy 718 scores	<b>Workout #2</b> ⌚ 38 min Rack Pulls 2×9 max Tempo: 2:00/1/1 Rest: ⌚ 90 sec to failure Wide-Grip Pulldown Behind The Neck 2×9 Tempo: 3:00/2/1 Rest: ⌚ 60 sec heavy One-Arm Dumbbell Row 1×10 max Tempo: 3:00/2 Rest: ⌚ 90 sec heavy Seated Bent-Over Rear Delt Raise 1×9 Tempo: 1:00/2 Rest: ⌚ 60 sec heavy Chin-Up 2×9 Tempo: 3:00/2/1 Rest: ⌚ 90 sec heavy Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 90 sec very hard Reverse Grip Bent-Over Rows 2×8 Tempo: 2:00/2 Rest: ⌚ 90 sec heavy 750 scores	<b>Workout #3</b> ⌚ 38 min Rack Pulls 2×9 Tempo: 2:00/1/1 Rest: ⌚ 90 sec heavy Wide-Grip Pulldown Behind The Neck 2×8 Tempo: 3:00/2/1 Rest: ⌚ 60 sec heavy One-Arm Dumbbell Row 1×10 Tempo: 3:00/2 Rest: ⌚ 90 sec heavy Seated Bent-Over Rear Delt Raise 1×9 Tempo: 1:00/2 Rest: ⌚ 60 sec heavy Chin-Up 2×8 Tempo: 3:00/2/1 Rest: ⌚ 90 sec heavy Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 90 sec heavy Reverse Grip Bent-Over Rows 1×9 max Tempo: 2:00/2 Rest: ⌚ 90 sec to failure 694 scores	<b>Workout #4</b> ⌚ 40 min Rack Pulls 3×10 Tempo: 2:00/1/1 Rest: ⌚ 90 sec very hard Wide-Grip Pulldown Behind The Neck 2×9 max Tempo: 3:00/2/1 Rest: ⌚ 60 sec to failure One-Arm Dumbbell Row 1×10 max Tempo: 3:00/2 Rest: ⌚ 90 sec very hard Seated Bent-Over Rear Delt Raise 1×9 Tempo: 1:00/2 Rest: ⌚ 60 sec heavy Chin-Up 1×9 max Tempo: 3:00/2/1 Rest: ⌚ 90 sec to failure Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 90 sec very hard Reverse Grip Bent-Over Rows 2×8 Tempo: 2:00/2 Rest: ⌚ 90 sec heavy 856 scores	<b>Workout #5</b> ⌚ 41 min Rack Pulls 3×9 Tempo: 2:00/1/1 Rest: ⌚ 90 sec very hard Wide-Grip Pulldown Behind The Neck 2×8 Tempo: 3:00/2/1 Rest: ⌚ 60 sec heavy One-Arm Dumbbell Row 1×10 max Tempo: 3:00/2 Rest: ⌚ 90 sec to failure Seated Bent-Over Rear Delt Raise 1×9 Tempo: 1:00/2 Rest: ⌚ 60 sec heavy Chin-Up 2×8 Tempo: 3:00/2/1 Rest: ⌚ 90 sec heavy Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 90 sec heavy Reverse Grip Bent-Over Rows 2×10 Tempo: 2:00/2 Rest: ⌚ 90 sec very hard 792 scores	<b>Workout #6</b> ⌚ 42 min Rack Pulls 3×9 max Tempo: 2:00/1/1 Rest: ⌚ 90 sec to failure Wide-Grip Pulldown Behind The Neck 2×10 Tempo: 3:00/2/1 Rest: ⌚ 60 sec very hard One-Arm Dumbbell Row 1×10 max Tempo: 3:00/2 Rest: ⌚ 90 sec very hard Seated Bent-Over Rear Delt Raise 1×10 Tempo: 1:00/2 Rest: ⌚ 60 sec very hard Chin-Up 2×10 Tempo: 3:00/2/1 Rest: ⌚ 90 sec very hard Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 90 sec very hard Reverse Grip Bent-Over Rows 2×9 Tempo: 2:00/2 Rest: ⌚ 90 sec very hard 890 scores	<b>Workout #7</b> ⌚ 42 min Rack Pulls 3×9 Tempo: 2:00/1/1 Rest: ⌚ 90 sec heavy Wide-Grip Pulldown Behind The Neck 2×9 max Tempo: 3:00/2/1 Rest: ⌚ 60 sec very hard One-Arm Dumbbell Row 1×10 max Tempo: 3:00/2 Rest: ⌚ 90 sec very hard Seated Bent-Over Rear Delt Raise 1×9 Tempo: 1:00/2 Rest: ⌚ 60 sec heavy Chin-Up 2×9 Tempo: 3:00/2/1 Rest: ⌚ 90 sec very hard Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 90 sec heavy Reverse Grip Bent-Over Rows 2×9 max Tempo: 2:00/2 Rest: ⌚ 90 sec to failure 890 scores	<b>Workout #8</b> ⌚ 42 min Rack Pulls 3×9 Tempo: 2:00/1/1 Rest: ⌚ 90 sec heavy Wide-Grip Pulldown Behind The Neck 2×9 max Tempo: 3:00/2/1 Rest: ⌚ 60 sec to failure One-Arm Dumbbell Row 1×10 max Tempo: 3:00/2 Rest: ⌚ 90 sec very hard Seated Bent-Over Rear Delt Raise 1×10 Tempo: 1:00/2 Rest: ⌚ 60 sec heavy Chin-Up 2×9 max Tempo: 3:00/2/1 Rest: ⌚ 90 sec to failure Bent-Arm Dumbbell Pullover 1×10 Tempo: 2:00/2/1 Rest: ⌚ 90 sec very hard Reverse Grip Bent-Over Rows 2×8 Tempo: 2:00/2 Rest: ⌚ 90 sec heavy 906 scores
--	--	--	--	---	---	--	--

## Directory of the exercises

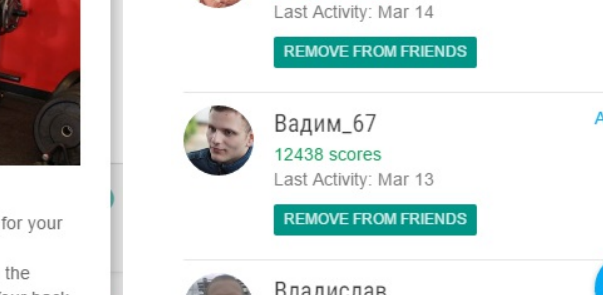
### Bent-Arm Dumbbell Pullover



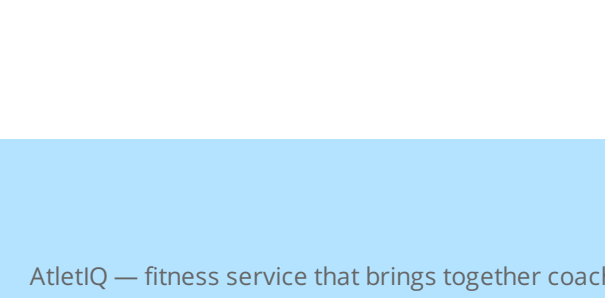
### Chin-Up



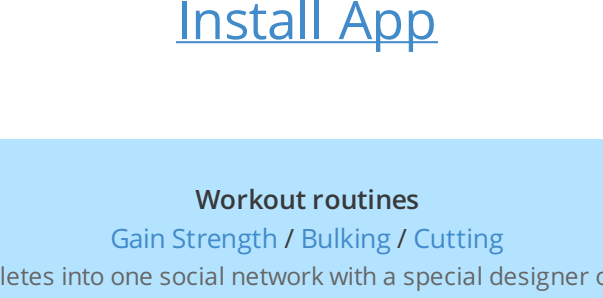
### One-Arm Dumbbell Row



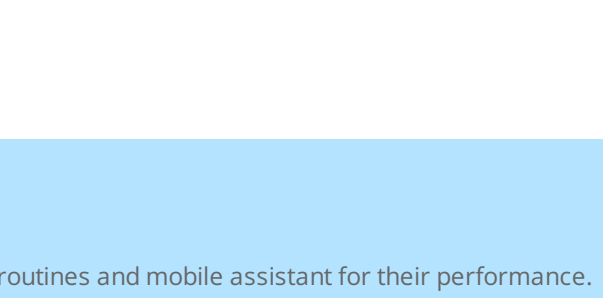
### Rack Pulls



### Reverse Grip Bent-Over Rows



### Seated Bent-Over Rear Delt Raise



### Wide-Grip Pulldown Behind The Neck



## General recommendations on training with AtletIQ

AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned load and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym
- Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the planned.

## How to use mobile assistant?

Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities - these are not all application features.



## Install App

### Workout routines

Gain Strength / Bulking / Cutting

AtletIQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance.

[Affiliate program for coaches](#)

© 2017 — AtletIQ.com