## DAY #5 BACK, TRICEPS & GLUTES:

DATE					
ASSISTED CHIN-UPS					
LAT PULL (FRONT)					
PULLOVERS					
LOW-BACK EXTENSIONS					
DUMBELL KICKBACKS					
BAR PUSHDOWNS					
STIRRUP EXTENSIONS					
LUNGES					
LOW-PULLEY SWEEPS					
LEG CURLS					
SMITH MACHINE SQUATS					