Cable Back Workout

Six cable moves for a wide, thick back: pulldowns from above, rows from in front and the rear of the shoulders, with the cable's steady pull all the way.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Upper body	Intermediate	50 min	Rowing machine, cable machine

WARM UP

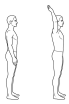
Once through, at an easy pace

Rowing Machine



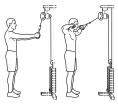
5 min

Arm Circles



30 s

Cable Face Pull

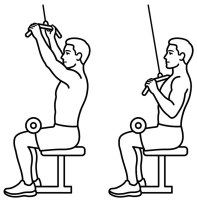


15 reps

MAIN

All sets of a move, then the next

1 Cable Lat Pulldown

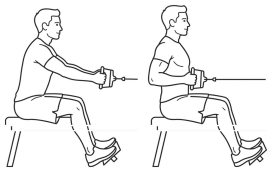


4 × 8-10

rest 90 s

Chest up, pull the bar to the collarbones

2 Seated Cable Row

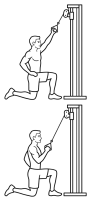


4 × 10

rest 90 s

Sit tall; the handle comes to the belly, not the chest

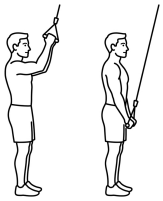
3 Single-Arm Cable Pulldown



3 × 10

each side · rest 60 s

4 Straight-Arm Cable Pulldown

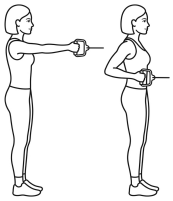


3 × 12

rest 60 s

Arms nearly straight; feel the lats pull the bar down

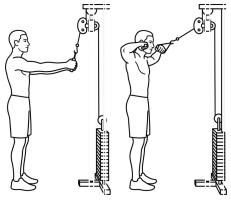
5 Single-Arm Standing Cable Row



3 × 10

each side · rest 60 s

6 Cable Face Pull



3 × 15

rest 60 s

Pull the rope apart toward the ears

COOL DOWN

Once through, at an easy pace

Kneeling Lat Stretch



30 s

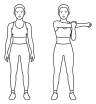
each side

Child's Pose



45 s

Cross-Body Shoulder Stretch



30 s

each side