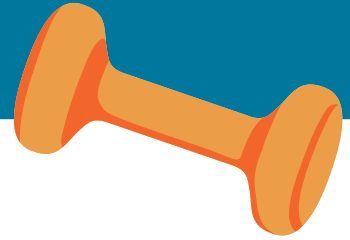


# The Ultimate BACK & CORE

## Workout Plan

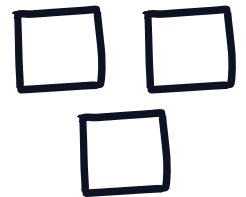


Equipment needed: optional pair of dumbbells and mat.

### Rows

Strengthens your entire back. Utilize a barbell or dumbbells to engage your back muscles and core.

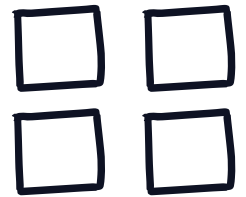
3 Sets of  
10 Reps



### Reverse Flies

Targets your upper back and shoulders. Perform this with dumbbells on a flat surface.

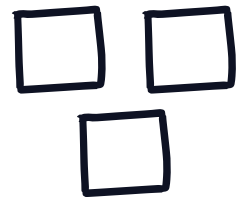
4 Sets of  
8 Reps



### Plank Series

Activates your entire core. Incorporate different plank variations for a comprehensive workout.

3 Rounds



### Good Mornings

Focuses on your lower back and hamstrings. Use a barbell or resistance bands to perform this exercise.

4 Sets of  
8 Reps

