

## STEVE KUCLO 3D BACK DETAIL WORKOUT

### *High Volume for Epic Back Detail*

This workout is a series of 6 back exercises. Each exercise is to be performed back to back with minimal rest in between. To completely fatigue the muscle it is suggested to perform each set of the routine and adjust weight based on your comfort level:

**WARNING:** *This workout is not for the faint of heart - be sure you are an intermediate to advanced weight trainer and have ample rest to recover from this extreme amount of training.*

### Supplements:

- **Pre-Workout** – RAZOR8 + HVOL
- **Intra-Workout** – AMINOCORE + CARBION+
- **Post-Workout** – ISOFLEX + GLUTAMINE (5 g)

### Workout Plan:

#### Exercise #1: Free Motion Lat Pull Down

- 150 – 200 lbs.
- 3 sets of 12 to 15 Reps

#### Exercise #2: Bent Over Barbell Row

- 135 - 205 lbs.
- 3 Sets 10-12 Reps

#### Exercise #3: Trap Bar Deadlift with Neutral Grip

- 240 - 330 lbs.
- 3 Sets 10-15 Reps

#### Exercise #4: Hammer Strength Wide Grip Row

- 200 – 300 lbs.
- 3 Sets 10-12 1.5 Reps

#### Exercise #5: Hammer Strength High Row

- 140 lbs.
- 3 Sets 15 Reps (3-5 second holds on last rep of last set)

#### Exercise #6: Seated Machine Row

- 200 lbs.
- 3 sets of 15 Reps