



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



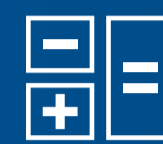
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GROWING WINGS: A JULIE MICHAELSON BACK WORKOUT

Figure competitor Julie Michaelson provides nutrition advice, and an incredible back workout along with training tips.

Link to Workout: <https://www.muscleandstrength.com/workouts/growing-wings-a-julie-michaelson-back-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 1 Days

Time Per Workout: 30-45 Mins

Equipment: Bodyweight, Cables, Dumbbells, Machines

Author: Julie Michaelson

Growing Wings Back Workout

Exercise	Sets	Reps
Wide Grip Pull Up	5	8 - 10
Wide Grip Pulldown	4	10
Hammer Strength Unilateral High Row	4	10
Seated Cable Row (Narrow Grip)	4	12
One Arm Dumbbell Row	3	12
Straight Arm Lat Pulldown	3	15