

HC Gives You Wings (back specialization program)

Week 1 and 2

*Weeks 1 and 2, all sets are taken to 1RIR (meaning 1 set short of failure). Adjust weight as needed set to set, to stay in prescribed rep range. It's ok to decrease weight set to set.

*Keep a little extra time to focus on form. Specifically controlling end ranges (no bouncing)

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

Pull

A1 barbell RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 single arm pull down

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 chest supported t-bar rows

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 bent over DB rows (2 arm)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 reverse pec

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

F1 single arm preacher curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Push

A1 low incline DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 roller cable fly

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 high incline smith press (reverse band)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 lying cuff lateral raises

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 seated cable cross extension

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Back

A1 neutral grip pull-down

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 chest supported machine row (upper back focus)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 wide-grip pull ups

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 low back extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 bent over barbell row (overhand grip)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Lower

A1 seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 lying leg curl

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 hack squat (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 hip loaded calf raise

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Week 3 and 4

*All sets taken to failure. Adjust weight accordingly to stay within prescribed rep ranges. Set 1 will always be your heaviest weight. Each subsequent set will be lighter.

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

Pull

A1 barbell RDLs

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 single arm pull down

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 chest supported tbar row

Set 1: 5-8 reps

Set 2: 8-12 reps

D1 bent over DB rows (2 arm)

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps

E1 reverse pec

Set 1: 8-10 reps

Set 2: 10-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 10-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

F1 single arm preacher curls

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Push

A1 low incline DB press

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 roller cable fly

Set 1: 8-10 reps
Set 2: 10-12 reps
Set 3: 12-15 reps

C1 high incline smith press (reverse band)

Set 1: 5-8 reps
Set 2: 8-12 reps

D1 lying cuff lateral raises

Set 1: 8-10 reps
Set 2: 10-15 reps
Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 seated cable cross extension

Set 1: 8-10 reps
Set 2: 10-12 reps
Set 3: 12-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Back

A1 neutral grip pull-down

Set 1: 5-8 reps
Set 2: 8-12 reps

B1 chest supported machine row (upper back focus)

Set 1: 5-8 reps
Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

C1 wide-grip pull ups

Set 1: 5-8 reps
Set 2: 8-12 reps

D1 low back extensions

Set 1: 6-8 reps
Set 2: 8-12 reps

E1 bent over barbell row (overhand grip)

Set 1: 10-12 reps

Set 2: 12-15 reps

**Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Lower

A1 seated leg curls

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 lying leg curl

Set 1: 5-8 reps

Set 2: 8-12 reps**

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D1 hack squat (banded)

Set 1: 5-8 reps

Set 2: 8-12 reps

E1 hip loaded calf raise

Set 1: 8-10 reps

Set 2: 10-12 reps**

**immediately following Set 2, go into a body weight set of 50 reps total. These can be a faster pace, and partial reps count

F1 Sled push (or walking lunges)

Set 1: 45-60 second push

Set 2: 45-69 second push

Or (if walking lunges)

Set 1: 20 steps total

Set 2: 20 steps total

Week 5 and 6

*All sets taken to failure. Adjust weight accordingly to stay within prescribed rep ranges. Set 1 will always be your heaviest weight. Each subsequent set will be lighter.

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

Pull

Meat and Potatoes

A1 barbell RDLs

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 single arm pull down

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 chest supported tbar row

Set 1: 5-8 reps

Set 2: 8-12 reps

D1 bent over DB rows (2 arm)

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps

E1 reverse pec

Set 1: 8-10 reps

Set 2: 10-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 10-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

F1 single arm preacher curls

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump Work

The Upper Back Whack

Sub:

The Trapydia Superset

Push

Meat and Potatoes

A1 low incline DB press

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 roller cable fly

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps

C1 high incline smith press (reverse band)

Set 1: 5-8 reps

Set 2: 8-12 reps

D1 lying cuff lateral raises

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 seated cable cross extension

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump Work

Chest Pumpsicle

Sub:

Three-Way Delt Cuff Death

Back

A1 neutral grip pull-down

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 chest supported machine row (upper back focus)

Set 1: 5-8 reps

Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

C1 wide-grip pull ups

Set 1: 5-8 reps

Set 2: 8-12 reps

D1 low back extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

E1 bent over barbell row (overhand grip)

Set 1: 10-12 reps

Set 2: 12-15 reps

**Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump Work

Lat Astrophe

Sub:

Lat Lashing Set

Lower

Meat and Potatoes

A1 seated leg curls

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 lying leg curl

Set 1: 5-8 reps

Set 2: 8-12 reps**

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D1 hack squat (banded)

Set 1: 5-8 reps

Set 2: 8-12 reps

E1 hip loaded calf raise

Set 1: 8-10 reps

Set 2: 10-12 reps**

**immediately following Set 2, go into a body weight set of 50 reps total. These can be a faster pace, and partial reps count

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Set 1: 45-60 second push

Set 2: 45-69 second push

Or (if walking lunges)

Set 1: 20 steps total

Set 2: 20 steps total

Pump Work

Split Squat Suicide

Sub:

Split Squat Double Suicide