LLLH

IVE LONGER , LIVE HEALTHIER

FREE BACK TRAINING GUIDE

STRONGER BACK AFTER 40

A practical gym workout.
Build strength. Train with control.



05
exercises

02
working sets each

01
repeatable routine

By Aziz | LLLH / Beginner to early intermediate

01 / YOUR SESSION PLAN

Your back day, simplified

A practical upper-body pulling session for your training week.

WARM UP FOR 5-10 MINUTES

Walk or cycle easily, then move your shoulders gently. Before the first pulldown and row, do 1-2 lighter practice sets.

EXERCISE	SETS	REPS	REST
1. Lat pulldown	2	10-12	90 sec
2. Seated cable row	2	10-12	90 sec
3. Chest-supported row	2	10-12	90 sec
4. Straight-arm pulldown	2	12-15	60 sec
5. Reverse pec deck	2	12-15	60 sec

Effort: Finish each set with about 2-3 good repetitions left. Rest longer if needed. Warm-up sets do not count as working sets.

Schedule: Aim for two back sessions per week, separated by at least 48 hours. Account for other pulling work in your plan.

New or returning? Start with one working set per exercise and one session in week 1. Build gradually as you recover.

Equipment: cable station, chest-supported row and reverse pec deck.

01 / VERTICAL PULL

Lat pulldown

Lats + upper back / Exercise 1 of 5



2 SETS | **10-12 REPS** | **90 SEC REST**

1 Set your position

Adjust the thigh pad and grip the bar comfortably.

2 Pull toward your chest

Bring elbows down toward your sides without swinging.

3 Return slowly

Control the bar upward while keeping shoulders comfortable.

Avoid: pulling behind the neck or leaning far back.

Alternative: neutral-grip pulldown.

02 / HORIZONTAL PULL

Seated cable row

Mid-back + lats / Exercise 2 of 5



2 SETS | **10-12 REPS** | **90 SEC REST**

1. **Sit tall**
   Plant your feet and keep a comfortably neutral spine.

2. **Pull with control**
   Bring handles toward your lower ribs, elbows close.

3. **Return smoothly**
   Extend arms without jerking your torso forward.

Avoid: rounding your back or using momentum.

Alternative: seated row machine.

03 / SUPPORTED ROW

Chest-supported row

Upper + middle back / Exercise 3 of 5



2 SETS | 10-12 REPS | 90 SEC REST

1 **Adjust the pad**

Keep your chest comfortably supported on the machine.

2 **Row the handles**

Draw elbows back while keeping your torso still.

3 **Lower with control**

Return the handles without dropping the weight.

Avoid: lifting your chest off the pad or shrugging.

Alternative: one-arm supported dumbbell row.

04 / LAT ISOLATION

Straight-arm pulldown

Lats / Exercise 4 of 5



2 SETS | **12-15 REPS** | **60 SEC REST**

1. **Set the cable high**
   Stand steadily with a slight bend at your elbows.

2. **Pull toward thighs**
   Keep arms nearly straight and ribs down.

3. **Return slowly**
   Raise arms under control without leaning back.

Avoid: turning the movement into a triceps pushdown.

Alternative: light resistance-band pulldown.

05 / UPPER-BACK WORK

Reverse pec deck

Rear shoulders + upper back / Exercise 5 of 5



2 SETS | **12-15 REPS** | **60 SEC REST**

1. **Adjust the seat**
   Position the handles around shoulder height.

2. **Open your arms**
   Move outward smoothly with softly bent elbows.

3. **Return gently**
   Control the handles back to the start position.

Avoid: shrugging or forcing a painful shoulder range.

Alternative: light cable reverse fly.

07 / PROGRESS & TRACK

Make the next session count

Build from controlled repetitions, not bigger numbers at any cost.

A SIMPLE WAY TO PROGRESS

Use the same load until you reach the top of the rep range on both sets with good form and 2-3 reps left. Then add the smallest available weight increase.

YOUR SESSION LOG

Date: _____ Session: _____

EXERCISE	LOAD	SET 1 REPS	SET 2 REPS
Lat pulldown	_____	_____	_____
Seated cable row	_____	_____	_____
Chest-supported row	_____	_____	_____
Straight-arm pulldown	_____	_____	_____
Reverse pec deck	_____	_____	_____

Record your load and repetitions each session. Copy this page for your next workout.

Train with control. Stop for sharp pain, dizziness or chest symptoms. Seek individual guidance for an injury or medical restriction.