

WORKOUT OF THE WEEK

Upper back workout to increase strength & muscle tone
Do 4 x sets of each exercise with 60 secs rest between sets

Pull ups	12, 10, 8, 6 reps
Single arm back row	12, 10, 8, 6 reps
Chin ups	12, 10, 8, 6 reps
Seated row	12, 10, 8, 6 reps
Lat pushdown	12, 10, 8, 6 reps

Check you the Vibe YouTube channel for the video