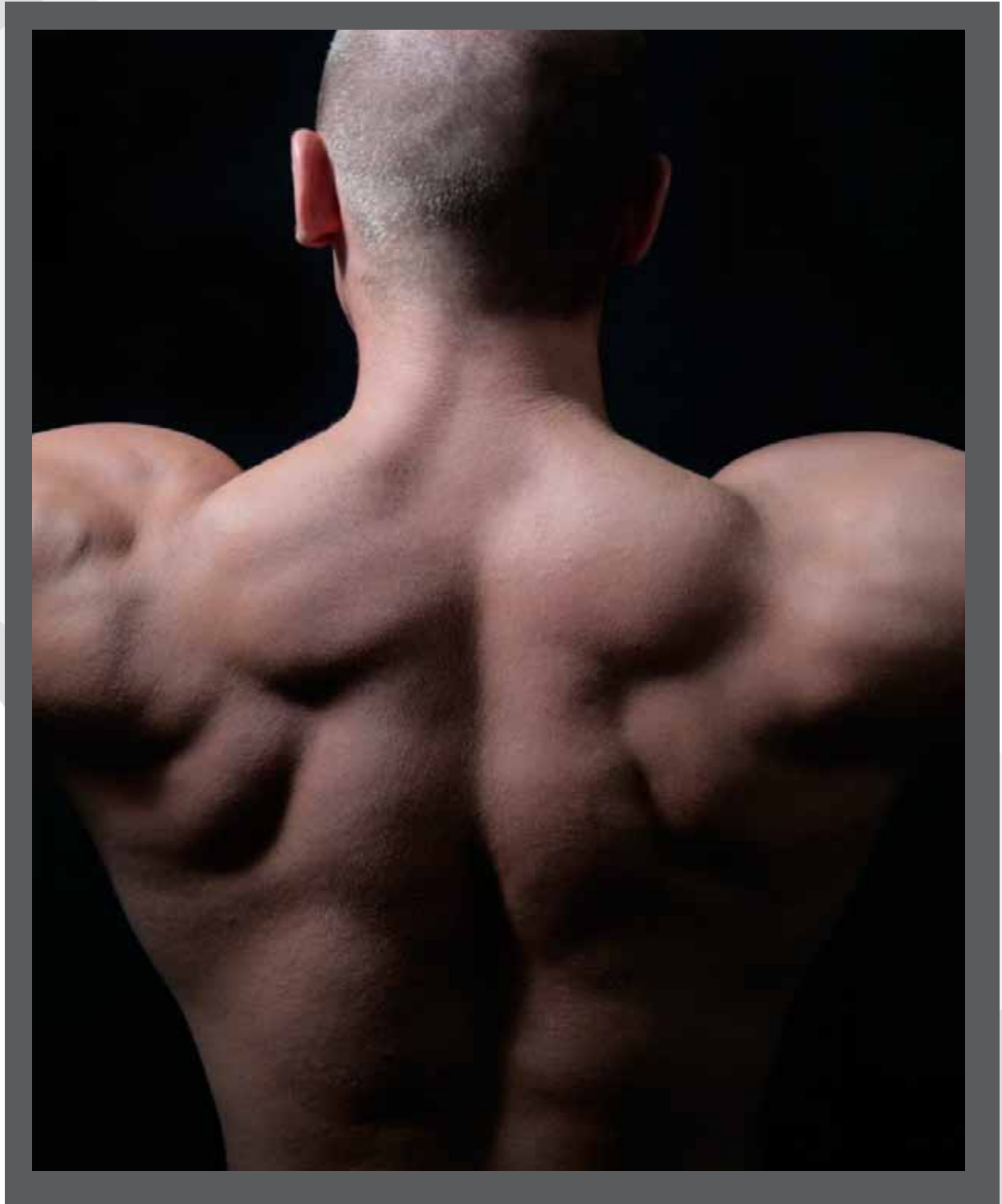




# BACK BUILDING Extreme



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# 1

*RHOMBOIDS, TRAPEZIUS, POSTERIOR DELTOID*  
**Mid Door Hook 1-Handle One-Arm Row**  
**x20 Reps**



## START

Attach the Door Hook to the mid-position on the door. Facing the door, grasp both Ripcords® handles with your right hand and stand with your feet shoulder width apart and approximately 3 to 4 feet away from the door.



## FINISH

Pull backwards with the right arm until your right hand reaches your ribs. Keep the elbow tight to your body and focus on a full range of motion. When finished the set on your right side, return to starting position and repeat on left side.

# 2

LATISSIMUS DORSI, TRICEPS

## High Door Hook Straight Arm 2-Arm Pull-down x20 Reps



### START

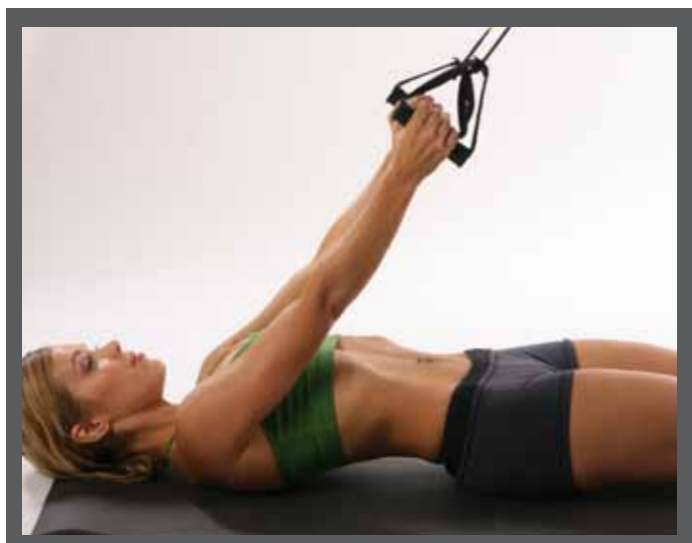
Attach the Door Hook to the top-position on the door. Facing the door, grasp one Ripcords® handle in each hand. Bring both hands up to shoulder height in front of the body with the palms facing down.



### FINISH

Keep both arms straight throughout the movement and bring them down until they reach the front thigh of the leg. Keep the back straight and shoulders away from the ears throughout the exercise. Return to starting position and repeat.

## 3

*RHOMBOIDS, TRAPEZIUS, POSTERIOR DELTOID***High Door Hook Lying on the Floor 2-Arm Arm  
x20 Reps****START**

Attach the Door Hook to the top-position on the door. Begin by lying down on your back with your feet towards the door and the door hook. Grasp one Ripcords® handle in each hand and ensure your body is far enough from the door that there is enough tension throughout the exercise.

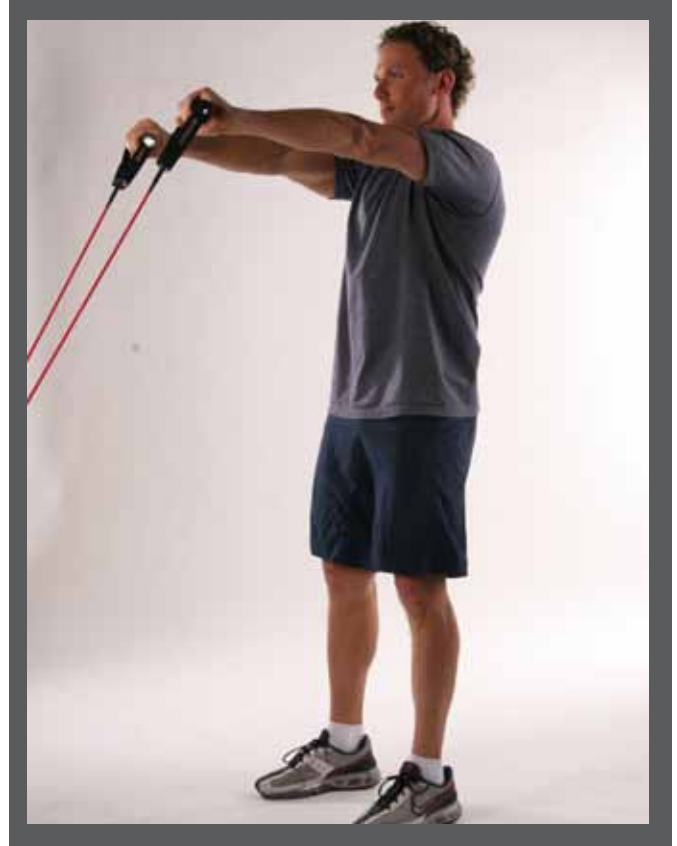
**FINISH**

Pull both arms backwards towards the body until your hands reach the ribs. Keep the elbows tight to your body and focus on a full range of motion. Return to starting position and repeat.

## 4

*ANTERIOR DELTOID, TRAPEZIUS***Low Door Hook 2-Arm Frontal Raise  
x15 Reps****START**

Attach the Door Hook to the low position on the door. Stand hip width apart with your back straight and hold both handles in front of the body with the palms facing towards the thighs.

**FINISH**

Keeping both arms straight, lift the arms upward in front of the body until they reach shoulder height. Keep the core muscles engaged throughout the movement and the hands approximately 6 inches apart. Return to starting position and repeat.

## 5

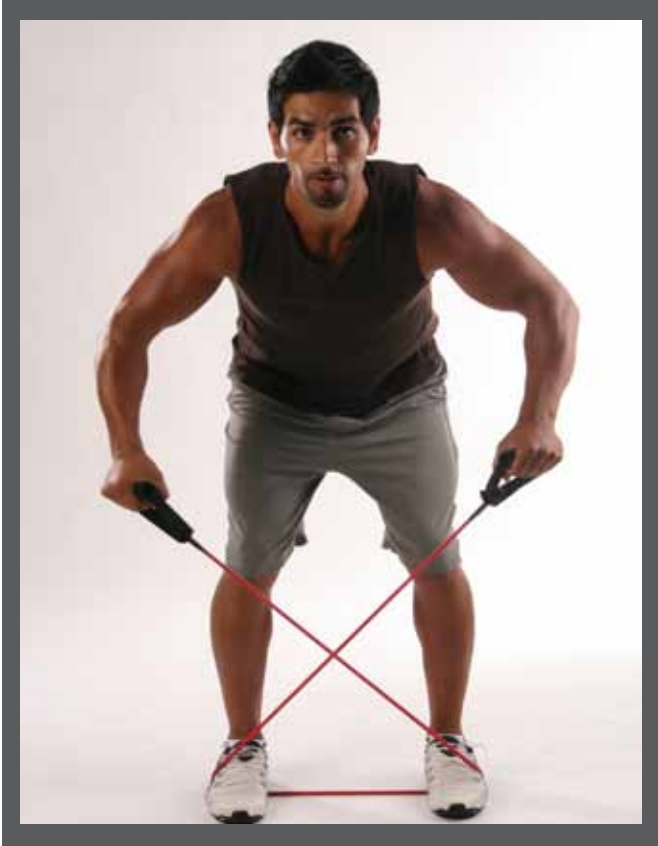
*RHOMBOIDS, TRAPEZIUS, POSTERIOR DELTOID***Low Door Hook Seated 2-Arm Row  
x20 Reps****START**

Attach the Door Hook to the low-position on the door. Begin by sitting on the ground with both legs extended straight out in front. Grasp one Ripcords handle in each hand, sit with a straight spine and extend both arms in front of the body.

**FINISH**

Pull backwards with both arms until your hands reach your ribs. Keep the elbows tight to the body and focus on a full range of motion. Return to starting position and repeat.

## 6

*POSTERIOR DELTOID, RHOMBOIDS, TRAPESIUS***Standing on the Ripcords® bent over row with reverse grip  
x15 Reps****START**

Stand on the Ripcords® with both feet shoulder width apart. Hold on to the handles with a reverse handle grip (left handle in right hand, right handle in left hand). Stabilize the core muscles and keep your knees bent and your torso slightly tilted forward. The hands should be resting in front of the knees.

**FINISH**

Raise your arms to the sides until they reach shoulder height. Keep a slight bend in the elbows and focus on pulling the shoulder blades together. Return to starting position and repeat.



7

ANTERIOR DELTOID, TRAPEZIUS

## Standing on the Band 1-Handle One-Arm Upright Row x12 Reps



### START

Stand on the Ripcords® with both feet shoulder width apart. Keep your back straight and hold both Ripcords® handles in your right hand with the palms facing towards the thighs.



### FINISH

Lift the right arm upward until it reaches the upper chest and keep the left hand resting at the side of the body.



## 8

*LATISSIMUS DORSI, POSTERIOR DELTOID***Standing on the Band with one foot One-Arm Row  
x15 Reps****START**

Stand in a split stance and position the right foot on one end of the Ripcords and the left foot behind the body. Grasp one Ripcords handle with your left hand and rest the right hand on your right hip. Rest the other handle on the floor. Keep your back and head straight and slightly bend forward from the waist.

**FINISH**

Pull upwards while keeping the elbow and hand tight to your body until you reach the mid chest. To increase resistance decrease the distance between your front foot and the handle. Return to starting position and repeat.

## 9

*RHOMBOIDS, TRAPEZIUS, POSTERIOR DELTOID***Mid Door Hook 1 Handle 1 Arm Row  
x20 Reps****START**

Attach the Door Hook to the mid-position on the door. Facing the door, grasp both Ripcords® handles with your right hand and stand with your feet shoulder width apart and approximately 3 to 4 feet away from the door.

**FINISH**

Pull backwards with the right arm until your right hand reaches your ribs. Keep the elbow tight to your body and focus on a full range of motion. When finished the set on your right side, return to starting position and repeat on left side.

## 10

*RHOMBOIDS, MID TRAPEZIUS***Mid Door Hook 2-Arm Reverse Flies**  
x15 Reps**START**

Attach the Door Hook to the mid-position on the Door. Stand with feet hip width apart, facing the door. Grasp one Ripcords® handle in each hand with palms facing inwards towards each other and arms straight out in front of shoulders.

**FINISH**

Pull the arms straight back while keeping a small bend in the elbows and focus on squeezing the shoulder blades together. Return to starting position and repeat.

## 11

*RHOMBOIDS, TRAPEZIUS, POSTERIOR DELTOID***Mid Door Hook Alternating Two-Arm  
x15 Reps****START**

Attach the Door Hook to the mid-position on the door. Facing the door, grasp one Ripcords® handle in each hand and stand with your feet shoulder width apart and approximately 3 to 4 feet away from the door.

**FINISH**

Alternate each arm and pull backwards until each handle reaches the ribs. Keep the elbows tight to your body and focus on a full range of motion. Return to starting position and repeat.

## 12

*LATISSIMUS DORSI, TRAPEZIUS, POSTERIOR DELTOID***High Door Hook Kneeling 2-Arm Lat Pull-down  
x25 Reps****START**

Attach the Door Hook to the top-position on the door. Kneel down on one knee, slightly lean back, keep your chest up and head straight. Facing the door, grasp one Ripcords® handle in each hand while keeping both arms extended upwards towards the door.

**FINISH**

Pull both arms backwards, bending at the elbow. Focus on pulling your shoulder blades together and keeping the elbows up at shoulder height. Return to starting position and repeat.

## 13

*LATISSIMUS DORSI, TRICEPS***Mid Door Hook Lying on the floor 2-Arm Pull-over  
x15 Reps****START**

Attach the Door Hook to the mid-position on the door. Begin by lying down on your back with your head towards the door and door hook. Grasp one Ripcords® handle in each hand and extend your arms above your head. Ensure your body is far enough from the door that there is enough tension throughout the exercise.

**FINISH**

Keep your arms straight and pull the Ripcords® over the body until the handles reach the center of the waist. Keep your core tight and your low back pressed towards the ground throughout the exercise. Return to starting position and repeat.

## 14

*RHOMBOIDS, TRAPEZIUS, POSTERIOR DELTOID***Low Door Hook Seated One Handle One Arm Row  
x15 Reps****START**

Attach the Door Hook to the low-position on the door. Begin by sitting on the ground facing the door with both legs extended straight out in front. Grasp both Ripcords handles in your left hand and sit straight and extend the left arm in front of the body.

**FINISH**

Pull backwards with your left arm until your left hand reaches your ribs. Keep the elbow tight to the body and focus on a full range of motion. When finished the set on your right side, return to starting position and repeat on the right side.





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