

Dumbbell Back Workout record

Supported one-arm row: 3 x 8-12 each side; rest 90-120 sec after both sides.

Rear-delt fly: 2 x 10-15; rest 60-90 sec; use a familiar stable position.

Optional familiar hinge: 2 x 8-10 only if it replaces existing hinge work.

Support and foot positions

Dumbbell load and unit

Left-side repetitions by set

Right-side repetitions by set

Range and technique notes

Rest after both sides

Other rows, rear-delts and hinges this week

Next session and unresolved questions

Editorial examples, not personal clearance or a rehabilitation prescription.

Use familiar comfortable movements and compatible equipment. Stop for sharp or worsening pain.

Keep unknown setup details visible; do not force a load or attachment to complete the table.