



BACK & BICEPS

LATS • UPPER BACK • BICEPS

WELCOME

Welcome to JWS Fitness — and to The JWS Performance System.

This guide shares the training structure I've personally used throughout my own fitness journey. I'm not a certified personal trainer or medical professional, and this isn't intended to replace professional advice.

It's simply the program that has worked well for me — and something I wanted to share with the community.

Whether you're looking to build strength, improve consistency or simply enjoy training, I hope this guide gives you some structure and motivation. You're not being coached from above here — you're training alongside me.

TRAIN SMART ♦ STAY CONSISTENT ♦ ENJOY THE JOURNEY

— **Shannon**

WHAT'S INSIDE

BACK & BICEPS — PULL STRENGTH

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• THE FULL SYSTEM

THE JWS PERFORMANCE SYSTEM — ONE EBOOK PER DAY

DAY 01	Squat Focus — Quads · Glutes · Calves	
DAY 02	Chest & Triceps — Push Strength	
DAY 03	Back & Biceps — Pull Strength	THIS BOOK
DAY 04	5 km Performance Run — Conditioning	
DAY 05	Deadlift Focus — Posterior Chain	
DAY 06	Shoulders & Core — Stability · Strength	

THE JWS METHOD

HOW I APPROACH EVERY WEEK

TRAIN.

Show up and do the work. I chase progressive overload — a little more weight, one more rep, slightly better form than last week. Small wins, stacked relentlessly.

FUEL.

Food is fuel, not the enemy. Protein with every meal, water within reach all day, and enough on the plate to actually support the training. I don't earn food — I use it.

PERFORM.

Every session gets logged. Weights, reps, how it felt. What gets measured improves — the numbers keep me honest on the days motivation doesn't show up.

REPEAT.

Consistency beats intensity, every time. Six training days, one rest day, every week. The system only works if you keep showing up — so that's the whole job.

BACK & BICEPS

PULL STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• WARM-UP — 7 MIN

01 Assault bike — 7 min, steady pace

• THE PROGRAM — 4-WEEK PROGRESSION

HOW I RUN THIS PROGRAM

I repeat this day each week for four weeks, adding weight as the reps come down: **WK 1** ×15 → **WK 2** ×12 → **WK 3** ×8 → **WK 4** ×12 — with the main lift switching to heavy **5×5** strength work.

1 Barbell Bent-Over Row

TARGETS: LATS · UPPER BACK

4×15	4×12	4×8	5×5
WK 1	WK 2	WK 3	WK 4



TEMPO 2-1-2 ♦ REST 90s ♦ INTERMEDIATE ♦ BARBELL

♦ **Cue:** Hinge to about 45°, brace like a squat, and row the bar into your hips — pause a beat at the top.

WATCH FOR standing too upright · jerking with the lower back · no pause at the top

No gear? Chest-supported row · Dumbbell row · Seal row

BACK & BICEPS

PULL STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

2 Chin-Ups

TARGETS: LATS · BICEPS



4×15	4×12	4×8	4×12
WK 1	WK 2	WK 3	WK 4

TEMPO 2-1-2 ♦ REST 90s ♦ INTERMEDIATE ♦ PULL-UP BAR

♦ **Cue:** *Underhand grip, dead hang start — pull the chest to the bar and control every inch back down.*

WATCH FOR kipping and swinging · chin poking over for half reps · dropping out of the top

No gear? Assisted chin-up machine · Band-assisted chin-ups · Underhand pulldown

♦ PULLING TIP

Rows and pulldowns changed for me the day I started thinking elbows, not hands. Drive the elbows back and down and the lats do the work instead of the arms.

♦ ABOUT THOSE 21S

Seven bottom-half reps, seven top-half, seven full — no rest between the thirds. Go lighter than pride wants; the last seven full reps will humble the weight anyway.

BACK & BICEPS

PULL STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

SUPERSET · 4 ROUNDS

3 Lat Pulldown

TARGETS: LATS

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ BEGINNER ♦ CABLE MACHINE

♦ **Cue:** Chest up to the bar, elbows driving down into your back pockets.

WATCH FOR leaning way back for momentum · pulling behind the neck · cutting the stretch

No gear? Band pulldown · Assisted pull-up



4 Seated Cable Row

TARGETS: MID-BACK

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ BEGINNER ♦ CABLE MACHINE

♦ **Cue:** Tall chest, pull to the belly button, squeeze the shoulder blades together.

WATCH FOR rocking the torso · shrugging into the ears · rounding on the stretch

No gear? Machine row · Single-arm DB row



5 Cable T-Row

TARGETS: UPPER BACK · TRAPS

4×15

WK 1

4×12

WK 2

4×8

WK 3

4×12

WK 4

TEMPO 2-1-2 ♦ BEGINNER ♦ CABLE · ROPE OR V-BAR

♦ **Cue:** Pull wide to the sternum with elbows high — squeeze the mid-back like you're cracking a walnut between the blades.

WATCH FOR pulling too low · elbows dropping · leaning back to finish

No gear? T-bar row · Wide-grip machine row



Rest 90s after each full round

BACK & BICEPS

PULL STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

6 EZ-Bar Curl — 21s

TARGETS: BICEPS

4	21	7·7·7	60 S
SETS	REPS	SPLIT	REST

TEMPO 2-1-2 ♦ INTERMEDIATE ♦ EZ BAR

♦ **Cue:** Seven bottom-half reps, seven top-half, seven full — elbows pinned, no rest between the thirds.

WATCH FOR going too heavy to finish the full seven · swinging the hips · elbows drifting forward

No gear? Barbell curl 21s · Dumbbell curl 21s · Cable curl 21s



HIIT FINISHER · 8 MINUTES

7 Assault Bike Sprint 30:30

TARGETS: FULL BODY · ENGINE

30 S	30 S	8 MIN	MAX
WORK	REST	TOTAL	EFFORT

ALL LEVELS ♦ ASSAULT BIKE

♦ **Cue:** Sprint the 30 hard enough that the easy 30 feels earned — hold the same output all eight minutes.

WATCH FOR cruising the work intervals · stopping dead on the rest · fading after minute four

No gear? Rower 30:30 · Bike sprints 30:30 · Shuttle runs

30s max effort, 30s easy — repeat for 8 minutes straight

BACK & BICEPS

PULL STRENGTH

7 EXERCISES · ~55 MIN · 4-WEEK PROGRAM

● **SESSION TRACKER** DATE ____ / ____ / ____

BODYWEIGHT _____	SLEEP HRS _____	WATER (L) _____	MOOD /5 _____	ENERGY /5 _____	DURATION _____
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● **LIFT LOG**

EXERCISE	SET 1	SET 2	SET 3	SET 4
Barbell Bent-Over Row	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Chin-Ups	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Lat Pulldown	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Seated Cable Row	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
Cable T-Row	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___
EZ-Bar Curl — 21s	___ kg × ___	___ kg × ___	___ kg × ___	___ kg × ___

PERSONAL BEST THIS SESSION

☐ Session complete

TODAY'S FOCUS

● **NOTES**

ONE THING I FOCUS ON

Add weight every week as the reps drop. Week 4 is the 5x5 on the bent-over row — flat back, brace hard, pull to the hips. The 21s at the end are meant to burn; that's the point.

RECOVERY PRINCIPLES

THE TRAINING YOU DON'T SEE

01 Sleep is where the growth happens

I aim for 7–9 hours. Training breaks the muscle down — sleep is when it rebuilds. Skipping it means training twice for half the result.

02 The rest day is part of the program

Day 7 isn't a reward — it's built in. Six days on, one day fully off. Take it without guilt; it's a given.

03 Easy movement beats the couch

When I'm sore, a gentle walk does more than sitting still ever will. Blood flow is recovery.

04 Hydrate all day, not just at the gym

Water bottle within reach from the moment I wake up. It's the cheapest performance upgrade there is.

05 Soreness is fine — pain is a signal

Muscle soreness comes with the work. Sharp or joint pain doesn't — that's my cue to back off and sort it before pushing on.

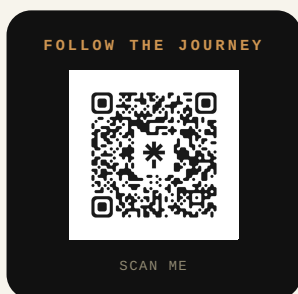


ABOUT SHANNON

G'day — I'm Shannon. I'm not a coach or a trainer; I'm just someone who fell in love with training and decided to document the whole journey.

The JWS Performance System is the exact program I follow week to week. Sharing it is my way of giving something back to the community that follows along — and hopefully making it easier for you to stay consistent too.

If you train with one of these guides, I'd genuinely love to hear how it goes.



GREAT WORK

You completed another workout.

Progress isn't built in one session — it's built by
showing up consistently.

Keep improving. Keep learning. Keep moving forward.

See you in the next workout.

TRAIN • FUEL • PERFORM



SCAN TO FOLLOW THE JOURNEY

JWS FITNESS

BEFORE YOU TRAIN

PLEASE READ — THE IMPORTANT STUFF

This guide is for educational purposes only. It documents my personal training program and experience. It is not medical advice, and I'm not a certified trainer, dietitian, physiotherapist or medical professional.

Check with your doctor first. Before beginning this or any exercise program, consult a qualified medical professional — especially if you have any existing injuries or health conditions.

Listen to your body. Exercise carries inherent risk. If you feel pain (not to be confused with normal training effort), stop the movement and seek appropriate advice before continuing.

Your training is your responsibility. By following this guide you participate voluntarily and accept responsibility for your own training decisions. Results vary from person to person, and no specific outcome is guaranteed.

Train smart, progress at your own pace, and enjoy the process.