

**BACK/BICEPS – FREE WEIGHTS: SUPER BERSERK SET**

**1.) CLOSE-GRIP PULLUP**

4 sets to failure  
SUPER SET WITH...

**BENT-OVER DUMBBELL ROW (PALMS-DOWN)**

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.  
REST BETWEEN SETS: 2 MINUTES

**2.) BENT-OVER EZ-BAR ROW (UNDERHAND)**

4 sets of 8 reps  
SUPER SET WITH...

**INCLINE DUMBBELL ROW**

Berserk Set: 4 sets of 8 reps with both arms, then 5 reps with each arm.  
REST BETWEEN SETS: 2 MINUTES

**3.) BARBELL RACK PULL**

4 sets of 8 reps  
SUPER SET WITH...

**DUMBBELL RENEGADE ROW**

4 sets of 5 reps with each arm.  
REST BETWEEN SETS: 2 MINUTES

**4.) EZ-BAR SPIDER CURL (CLOSE-GRIP)**

4 sets of 8 reps  
SUPER SET WITH...

**STANDING DUMBBELL-HAMMER CURL**

Berserk Set: 4 sets of 8 reps with both arms (wide curls), then 5 reps with each arm (Across Body).  
REST BETWEEN SETS: 2 MINUTES

