

BACK/BICEPS – (FREE WEIGHTS) GIANT SETS, HSR SETS

WARM UP = Barbell Row: 2 sets of 20 reps

1.) BARBELL ROW

Giant Set = 8 sets of 8 reps

REST BETWEEN SETS: 60 SECONDS

2.) 1-ARM DUMBBELL ROW

Giant Set = 8 sets of 8 reps with each arm

REST BETWEEN SETS: 60 SECONDS

3.) INCLINE DUMBBELL ROW

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

4.) INCLINE DUMBBELL HAMMER CURL

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

5.) STANDING DUMBBELL CURL – AGAINST BENCH

HSR Set - 3 sets

HSR Set = 5 reps with right arm then 5 reps with left arm, 4 reps with right arm then 4 reps with left arm, 3 reps with right arm then 3 reps with left arm, 2 reps with right arm then 2 reps with left arm, 1 rep with right arm then 1 rep with left arm.

REST BETWEEN SETS: 90 SECONDS

6.) PRONE SUPERMAN – ALTERNATE

4 sets of 12 reps with each side

REST BETWEEN SETS: 60 SECONDS