



BACK/BICEPS – (FREE WEIGHTS) SPIT FIRE SETS

WARM UP = Bent Over Dumbbell Row – 2 sets of 15 reps

1.) TRAP BAR DEADLIFT

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps with each arm.

REST BETWEEN SETS: 2 MINUTES

2.) 1-ARM DUMBBELL ROW (PALMS DOWN)

4 sets of 8-10 reps with each arm

REST BETWEEN SETS: 90 SECONDS

3.) T-BAR ROW (CLOSE-GRIP HANDLE)

4 sets of 8-10 reps

REST BETWEEN SETS: 90 SECONDS

4.) WIDE TO NARROW PULL-UP

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

5.) STATIC DUMBBELL SEAL ROW (FLAT BENCH)

4 sets of 8-10 reps

REST BETWEEN SETS: 90 SECONDS

6.) STANDING BARBELL CURL

SPIT FIRE SET: 4 sets of 4 reps (rest 15 seconds), 4 reps (rest 15 seconds), 4 reps.

REST BETWEEN SETS: 2 MINUTES

7.) DUMBBELL CONCENTRATION CURL

4 sets of 8-10 reps with each arm

REST BETWEEN SETS: 90 SECONDS

