

**BACK, BICEPS – DROP SETS (FREE WEIGHTS)**

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

**1.) BARBELL ROW**

4 sets of 6-8 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**2.) MEADOW ROW - LANDMINE**

4 sets of 10-12 reps with each side.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

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

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**4.) INCLINE DUMBBELL ROW**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**5.) SEATED ALTERNATE DUMBBELL CURL**

4 sets of 10-12 reps with each side.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS

**6.) STANDING HAMMER-BAR CURL**

4 sets of 10-12 reps.

Drop set the last set = do your last set then drop the weight by about 30% and do 5 more reps.

REST BETWEEN SETS: 90 SECONDS