



BACK, BICEPS – BARBELL PYRAMID, DUMBBELL ALTERNATE

WARM UP = 1 Arm Dumbbell Row – 2 sets of 15 reps with each side

1.) PYRAMID SET = BARBELL PENDLAY ROW

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

2.) INCLINE DUMBBELL ROW - ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

3.) PYRAMID SET = BARBELL PENDLAY ROW (UNDERHAND)

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

4.) 1-ARM DUMBBELL ROW (NEUTRAL STANCE)

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

5.) PYRAMID SET = INCLINE BARBELL SPIDER CURL

5 sets = 15, 10, 8, 10, 15 reps

Rest Between Sets: 90 Sec.

6.) STATIC DUMBBELL HAMMER CURL – ALTERNATE

3 sets = 8-10 reps with each side

Rest Between Sets: 60 Sec.

7.) PRONE COBRA

3 sets = 15 reps

Rest Between Sets: 60 Sec.

