



BACK, BICEPS – STRONG MAN SETS, STAMINA SETS

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

1.) STRONG MAN SET = BARBELL PENDLAY ROW

5 sets = 4-6 reps

Rest Between Sets: 90 Sec.

2.) STRONG MAN SET = BARBELL PENDLAY ROW (UNDERHAND)

5 sets = 4-6 reps

Rest Between Sets: 90 Sec.

3.) LANDMINE SINGLE-ARM ROW

4 sets = 8-10 reps with each side

Rest Between Sets: 90 Sec.

4.) STAMINA SET = INCLINE DB ROW (30 DEGREES)

4 sets = 10-12 reps

SUPER SET WITH...

DB RENEGADE ROW

4 sets = 6 reps with each side

Rest Between Sets: No Rest

5.) STRONG MAN SET = STANDING BARBELL CURL

5 sets = 4-6 reps

Rest Between Sets: 90 Sec.

6.) STAMINA SET = ALTERNATE DB CROSS-HAMMER CURL

4 sets = 10-12 reps with each side

SUPER SET WITH...

INCLINE DB CURL

4 sets = 10-12 reps

Rest Between Sets: No Rest