



BACK, BICEPS – (FW) PREDATOR SETS, ISOMETRIC SETS

WARM-UP: 2 sets of 15 reps of the first exercise

1.) PREDATOR SET = HIGH INCLINE (75 DEGREES) DUMBBELL ROW

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

2.) PREDATOR SET = MEADOW ROW

4 sets = 5-6 slow reps, 5-6 fast reps with each side

Rest Between Sets: 90 Sec.

3.) UNDERHAND BARBELL PENDLAY ROW

4 sets = 8 reps

SUPER SET WITH...

OVERHAND BARBELL PENDLAY ROW

4 sets = 8 reps

Rest Between Sets: 90 Sec.

4.) PREDATOR SET = LOW INCLINE (30 DEGREES) DUMBBELL ROW

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

5.) ISOMETRIC SET = LOW INCLINE (30 DEGREES) DUMBBELL ROW

1 set = 30 Sec. hold

6.) PREDATOR SET = STANDING BARBELL CURL

4 sets = 5-6 slow reps, 5-6 fast reps

Rest Between Sets: 90 Sec.

7.) ISOMETRIC SET = STANDING BARBELL CURL

1 set = 30 Sec. hold

8.) STANDING INCLINE (70 DEGREES) DUMBBELL ROTATION CURL

4 sets = 10-12

Rest Between Sets: 90 Sec.