



BACK, BICEPS – (DB) DESTRUCTION & VITALITY SETS

WARM-UP: 2 sets of 15 reps of the 1st exercise

1.) DESTRUCTION SET = HIGH INCLINE DUMBBELL ROW

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

2.) PENDLAY 1-ARM DUMBBELL ROW

4 sets = 8-10 reps with each side
Rest Between Sets: 90 sec.

3.) DESTRUCTION SET = LOW INCLINE DUMBBELL ROW

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

4.) DUMBBELL RENEGADE ROW

4 sets = 8 reps with each side
Rest Between Sets: 90 sec.

5.) VITALITY SET = BENT-OVER DUMBBELL ROW

1 set = 50 reps
Rest Between Sets: 90 sec.

6.) DESTRUCTION SET = SEATED DUMBBELL-HAMMER CURL

4 sets = 5 reps with right then left, 5 reps alternating, 5 reps with both.
Rest Between Sets: 90 sec.

7.) DUMBBELL ZOTTMAN CURL

4 sets = 8-10 reps with each side
Rest Between Sets: 90 sec.

8.) PRONE COBRA

4 sets = 12-15 reps

Rest Between Sets: 60 sec.