



BACK, BICEPS – (FW) COMPOUND BERSERK SETS

WARM-UP: 2 sets of 20 reps of the 1st exercise

1.) COMPOUND SET = BARBELL PENDLAY ROW

6-8 reps followed by...

BERSERK SET = DUMBBELL SEAL ROW

8 reps with both sides, then 5 static reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

2.) COMPOUND SET = BARBELL PENDLAY ROW (UNDERHAND)

6-8 reps followed by...

BERSERK SET = LOW INCLINE DUMBBELL ROW

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

3.) BARBELL DEADLIFT

12-15 reps

Rest Between Sets: 90 sec.

Total Sets = 4

4.) COMPOUND SET = EZ-BAR REVERSE CURL

8-10 reps followed by...

BERSERK SET = DUMBBELL HAMMER CURL

8 reps with both sides, then 5 reps alternating.

Rest Between Sets: 2 minutes

Total Sets = 4

