



BACK, BICEPS – (DB) BULLS EYE SETS

Warm Up: 2 sets of 20 reps of the 1st exercise

1.) DUMBBELL PULLOVER

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

2.) 1-ARM DUMBBELL ROW

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

3.) INCLINE DUMBBELL ROW (PALMS-DOWN)

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

4.) SEATED DUMBBELL ROW

10 reps

Rest Between Sets: 60-seconds

Total Sets = 5

5.) STATIC DUMBBELL CURL

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

6.) SINGLE-ARM DUMBBELL SPIDER CURL

10 reps with each side

Rest Between Sets: 60-seconds

Total Sets = 5

7.) DUMBBELL WRIST FLEXION

15 reps

Rest Between Sets: 60-seconds

Total Sets = 4