



BACK, BICEPS – (DB) SPARTAN SETS

Warm Up: 2 sets of 15 reps of the 1st exercise

1.) SPARTAN SET = 1-ARM DUMBBELL ROW

8-10 reps with each side

Rest 30-sec. Followed by...

BENT-OVER DUMBBELL ROW

8-10 reps

Rest 30-sec. Followed by...

DUMBBELL SEAL ROW

10-12 reps

Rest 30-sec. Followed by...

INCLINE DUMBBELL ROW (PALMS DOWN)

10-12 reps

Rest 30-sec. Followed by...

PRONE COBRA

15 reps. This completes 1 set

Rest: 3 minutes

Total Sets = 5

2.) SPARTAN SET = INCLINE DUMBBELL SPIDER CURL

8-10 reps

Rest 30-sec. Followed by...

SINGLE-ARM DUMBBELL PREACHER CURL

8-10 reps with each side

Rest 30-sec. Followed by...

STANDING DUMBBELL ZOTTMAN CURL

8-10 reps with each side

Rest 30-sec. Followed by...

STANDING DUMBBELL HAMMER CURL

8-10 reps

Rest 30-sec. Followed by...

STANDING DUMBBELL WAITER CURL

8-10 reps. This completes 1 set

Rest: 3 minutes

Total Sets = 3