



## **BACK, BICEPS – (FW) INSANE SETS**

**Warm Up:** 2 sets of 15 reps of the 1<sup>st</sup> exercise

### **1.) BARBELL RACK PULL**

4-6 reps

Rest: 90-sec.

Total Sets: 4

### **2.) BARBELL ROW**

6-8 reps

Rest: 90-sec.

Total Sets: 4

### **3.) INSANE SET = DUMBBELL SEAL ROW**

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

### **4.) T-BAR ROW**

12-15 reps

Rest: 90-sec.

Total Sets: 3

### **5.) INSANE SET = LOW INCLINE DUMBBELL ROW (PALMS DOWN)**

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1

### **6.) STANDING EZ-BAR CURL**

6-8 reps

Rest: 90-sec.

Total Sets: 4

### **7.) SINGLE-ARM LANDMINE CURL**

12-15 reps with each side

Rest: 90-sec.

Total Sets: 3

**8.) INSANE SET = INCLINE DUMBBELL HAMMER CURL**

60-sec. of reps (rest 10-sec.), 40-sec. of reps (rest 10-sec.), 20-sec. of reps

Total Sets: 1