



BACK, BICEPS – (DB) DESCENDING & TRIPLE SETS

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

1.) DESCENDING SET = 1-ARM DUMBBELL PENDLAY ROW

Set 1: 15 reps each side
Set 2: 12 reps each side
Set 3: 10 reps each side
Set 4: 8 reps each side
Set 5: 5 reps each side
Rest Between Sets: 90-sec.

2.) DESCENDING SET = LOW INCLINE DUMBBELL ROW (PALMS-DOWN)

Set 1: 15 reps
Set 2: 12 reps
Set 3: 10 reps
Set 4: 8 reps
Set 5: 5 reps
Rest Between Sets: 90-sec.

3.) TRIPLE SET = BENT-OVER DUMBBELL ROW

8-10 reps. Followed by...

HIGH INCLINE DUMBBELL ROW

8-10 reps. Followed by...

DUMBBELL PULLOVER

8-10 reps.
Rest: 2-minutes
Total Sets: 3

4.) DESCENDING SET = ALTERNATE DUMBBELL ZOTTMAN CURL

Set 1: 15 reps each side
Set 2: 12 reps each side

Set 3: 10 reps each side
Set 4: 8 reps each side
Set 5: 5 reps each side
Rest Between Sets: 90-sec.

5.) TRIPLE SET = INCLINE DUMBBELL CURL

8-10 reps. Followed by...

INCLINE DUMBBELL-HAMMER CURL

8-10 reps. Followed by...

INCLINE DUMBBELL SPIDER CURL

8-10 reps

Rest: 2-minutes

Total Sets: 3