



BACK, BICEPS – (DB) STRENGTH TO VOLUME SETS

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

1.) STRENGTH: 1-ARM DUMBBELL PENDLAY ROW

6-8 reps with each side

Rest: 90-sec.

Total Sets: 4

2.) VOLUME: INCLINE DUMBBELL ROW

25 reps

Rest: 90-sec.

Total Sets: 3

3.) STRENGTH: LOW INCLINE DUMBBELL ROW (PALMS DOWN)

6-8 reps

Rest: 90-sec.

Total Sets: 4

4.) VOLUME: BENT-OVER DUMBBELL ROW

25 reps

Rest: 90-sec.

Total Sets: 3

5.) STRENGTH: STATIC DUMBBELL CURL

6-8 reps with each side

Rest: 90-sec.

Total Sets: 4

6.) VOLUME: SINGLE-ARM DUMBBELL CONCENTRATION CURL

25 reps with each side

Rest: 90-sec.

Total Sets: 3

