



BACK, BICEPS – (G) SUPER SETS

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

1.) LAT PULLDOWN

6-8 reps. Followed by...

EZ-BAR UNDERHAND BENT OVER ROW

8-10 reps

Rest: 2-minutes

Total Sets: 3

2.) 1-ARM DUMBBELL ROW

6-8 reps with each side. Followed by...

CABLE PULLOVER

8-10 reps

Rest: 2-minutes

Total Sets: 3

3.) SEATED DUMBBELL ROW

6-8 reps. Followed by...

SEATED CABLE ROPE ROW

8-10 reps

Rest: 2-minutes

Total Sets: 3

4.) BEHIND HEAD CABLE CURL

6-8 reps. Followed by...

SEATED ALTERNATE DUMBBELL CURL

8-10 reps with each side

Rest: 2-minutes

Total Sets: 3