



BACK, BICEPS – (DB) GIANT SETS

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

1.) GIANT SET: HIGH INCLINE DUMBBELL ROW

6-8 reps. Followed by...

LOW INCLINE DUMBBELL ROW (PALMS DOWN)

6-8 reps. Followed by...

1-ARM DUMBBELL ROW

6-8 reps with each side

Rest: 2-minutes

Total Sets: 4

2.) DUMBBELL PULLOVER

12-15 reps

Rest: 90-sec.

Total Sets: 3

3.) GIANT SET: INCLINE DUMBBELL CURL

6-8 reps. Followed by...

SINGLE-ARM DUMBBELL PREACHER CURL

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

SEATED DUMBBELL-HAMMER CURL

6-8 reps

Rest: 2-minutes

Total Sets: 3

