



BACK, BICEPS – VITALITY SETS

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

1.) BENT-OVER DUMBBELL ROW

8-12 reps

Rest: 90-seconds

Total Sets: 4

2.) 1-ARM DUMBBELL ROW

8-12 reps with each side

Rest: 90-seconds

Total Sets: 4

3.) DUMBBELL PULLOVER

8-12 reps

Rest: 90-seconds

Total Sets: 4

4.) VITALITY SET: LOW INCLINE DUMBBELL ROW (PALMS DOWN)

50 reps

Total Sets: 1

5.) DUMBBELL CONCENTRATION CURL

8-12 reps with each side

Rest: 90-seconds

Total Sets: 4

6.) DOUBLE-PUMP DUMBBELL CURL

8-12 reps

Rest: 90-seconds

Total Sets: 4

7.) VITALITY SET: DUMBBELL HAMMER CURL

50 reps

Total Sets: 1