



BACK, BICEPS – REST PAUSE SETS

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

Rest-Pause Set: Do the recommended reps, put down the weight and rest 15-seconds then rep out until failure.

1.) LAT PULLDOWN

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

2.) T-BAR ROW

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

3.) LOW ROPE CABLE ROW

8-10 reps

Rest: 90-seconds

Total Sets: 4

4.) CLOSE-GRIP SEATED CABLE ROW

6-8 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

5.) EZ-BAR CABLE CURL

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set

6.) PREACHER CURL

8-10 reps

Rest: 90-seconds

Total Sets: 4

Rest-pause set the last set