



## **BACK, BICEPS – SPIT FIRE SETS**

**Warm Up: 2 sets of 15 reps of the 1<sup>st</sup> exercise**

### **1.) LAT PULLDOWN**

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

### **2.) STANDING ROPE PULLDOWN**

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

### **3.) SINGLE-ARM LANDMINE ROW**

8-12 reps with each side

Rest: 90-seconds

Total Sets: 3

### **4.) SEATED ROPE CABLE ROW**

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

### **5.) EZ-BAR CURL AGAINST BENCH**

Spit Fire Set: 4 reps (10-sec. rest), 4 reps (10-sec. rest), 4 reps.

Rest: 90-seconds

Total Sets: 4

### **6.) PREACHER CURL MACHINE**

8-12 reps

Rest: 90-seconds

Total Sets: 3

