



BACK, BICEPS – PAUSED SUPER SETS

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

1.) ASSISTED PULL-UP

Paused Reps: 6-8 reps (pause at the top)

Rest: 90-seconds

Total Sets: 4

2.) SEATED CABLE ROW (CLOSE-GRIP)

Paused Reps: 6-8 reps (pause during contraction)

Rest: 90-seconds

Total Sets: 4

3.) 1-ARM DUMBBELL ROW

Paused Reps: 6-8 reps with each side (pause at the top)

Followed by...

CLOSE-GRIP PULLDOWN

8-10 reps

Rest: 90-seconds

Total Sets: 4

4.) INCLINE DUMBBELL CURL

Paused Reps: 6-8 reps (pause at the top)

Followed by...

ALTERNATE DUMBBELL ZOTTMAN CURL

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

5.) REVERSE HYPEREXTENSION

12-15 reps

Rest: 90-seconds
Total Sets: 3