



BACK, BICEPS – BERSERK SETS

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

1.) CLOSE-GRIP PULLDOWN

8-10 reps

Rest: 90-seconds

Total Sets: 4

2.) BERSERK SET: ISO-LATERAL ROW MACHINE

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

3.) LAT PULLDOWN

8-10 reps

Rest: 90-seconds

Total Sets: 4

4.) BERSERK SET: BENT-OVER DUMBBELL ROW

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

5.) BERSERK SET: SEATED DUMBBELL-HAMMER CURL

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

6.) BERSERK SET: DUMBBELL PREACHER CURL

8 reps with both sides, then alternating 5 reps each side

Rest: 90-seconds

Total Sets: 3

