



BACK, BICEPS – STRENGTH TO VOLUME SETS

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

1.) STRENGTH: BARBELL RACK PULL

6-8 reps

Rest: 90-seconds

Total Sets: 4

2.) STRENGTH: BARBELL PENDLAY ROW

6-8 reps

Rest: 90-seconds

Total Sets: 4

3.) STRENGTH: T-BAR ROW

6-8 reps

Rest: 90-seconds

Total Sets: 4

4.) VOLUME: DUMBBELL SEAL ROW

15-20 reps

Rest: 90-seconds

Total Sets: 3

5.) STRENGTH: EZ-BAR CURL

6-8 reps

Rest: 90-seconds

Total Sets: 4

6.) VOLUME: EZ-BAR REVERSE CURL

15-20 reps

Rest: 90-seconds

Total Sets: 3

