



## **BACK, BICEPS – DOUBLE DROP SETS**

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

**Double Drop Set: Do the required reps then drop the weight by 30% and do 5 more reps, then drop the weight by 30% again and do 5 more reps.**

### **1.) STANDING ROPE PULLDOWN**

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

### **2.) 1-ARM DUMBBELL ROW (PALMS DOWN)**

8-10 reps with each side

Rest: 90-seconds

Total Sets: 4

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

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

### **4.) SEATED ROW MACHINE**

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

### **5.) INCLINE BARBELL SPIDER CURL (55 DEGREES)**

8-10 reps. Double drop set the last set

Rest: 90-seconds

Total Sets: 4

**6.) DUMBBELL CONCENTRATION CURL**

8-10 reps with each side. Double drop set the last set

Rest: 90-seconds

Total Sets: 4