



BACK, BICEPS – CLUSTER & PAUSED REP SETS

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

Cluster Set: Choose a weight you can barely do 10-12 reps with. Then rest 5-seconds and do another 3-4 reps at a time. Repeat the 5-second rest and another 3-4 reps process until you reach a total of 25 reps.

1.) PAUSED REPS: 1-ARM DUMBBELL ROW

8-10 reps with each side (pause at the top for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

2.) CLUSTER SET: LAT PULLDOWN

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

3.) PAUSED REPS: CLOSE-GRIP SEATED CABLE ROW

8-10 reps (pause on the contraction for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

4.) CLUSTER SET: MACHINE ROW

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2

5.) PAUSED REPS: INCLINE DUMBBELL CURL

8-10 reps (pause at the top for 2-3 seconds)

Rest: 90-seconds

Total Sets: 3

6.) CLUSTER SET: PREACHER CURL MACHINE

25 total reps (refer to above description)

Rest: 3-minutes

Total Sets: 2