



BACK, BICEPS – STRONG MAN & MOUNTAIN SETS

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

Mountain Set: Choose a weight you can moderately do 10 reps with. Rest for 10-seconds then do 9 reps, rest for another 10-seconds then do 8 reps. Repeat this process until you get to and complete 5 reps.

1.) STRONG MAN SET: 1-ARM DUMBBELL ROW

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

2.) STRONG MAN SET: STATIC DUMBBELL SEAL ROW

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

3.) DUMBBELL PULLOVER

12-15 reps

Rest: 90-seconds

Total Sets: 4

4.) MOUNTAIN SET: LOW INCLINE DUMBBELL ROW (PALMS DOWN)

10 reps to 5 reps (refer to the description above)

Total Sets: 1

5.) STRONG MAN SET: DUMBBELL CONCENTRATION CURL

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

6.) MOUNTAIN SET: INCLINE DUMBBELL-HAMMER CURL

10 reps to 5 reps (refer to the description above)

Total Sets: 1