



## **BACK, BICEPS – SUPER DROP SETS**

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

**Drop Set: Do the recommended reps, then drop the weight by around 30% and rep out till failure.**

### **1.) CLOSE-GRIP PULLDOWN**

10-12 reps

Rest: 90-seconds

Total Sets: 3

### **2.) MEADOW ROW**

10-12 reps with each side

Rest: 90-seconds

Total Sets: 3

### **3.) BENT-OVER BARBELL ROW**

10-12 reps. Followed by...

#### **SEATED 1-ARM CABLE ROW**

10-12 reps with each side. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

### **4.) SQUATTED BARBELL CURL**

10-12 reps. Followed by...

#### **ROPE CABLE CURL**

10-12 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

**5.) LANDMINE CHOP**

10 reps with each side

Rest: 90-seconds

Total Sets: 3