



## **BACK, BICEPS – BERSERK & PAUSED REP SETS**

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

**1.) BERSERK SET: LOW INCLINE DUMBBELL ROW**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**2.) PAUSED REP SET: CLOSE-GRIP SEATED CABLE ROW**

8-10 reps (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 4

**3.) BERSERK SET: ISO LATERAL ROW MACHINE**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**4.) BERSERK SET: STANDING DUMBBELL-HAMMER CURL**

8 reps with both sides, then 5 reps alternating sides

Rest: 2-minutes

Total Sets: 3

**5.) PAUSED REP SET: INCLINE DUMBBELL CURL**

8-10 reps (pause on top for 2-sec.)

Rest: 90-seconds

Total Sets: 3