



BACK, BICEPS – PREDATOR SETS

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

1.) PREDATOR SET: STANDING CLOSE-GRIP PULLDOWN

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

2.) EZ-BAR UNDERHAND BENT-OVER ROW

8-10 reps

Rest: 90-seconds

Total Sets: 3

3.) PREDATOR SET: HIGH INCLINE (70 DEGREES) DUMBBELL ROW

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

4.) LANDMINE SINGLE-ARM ROW

6-8 reps with each side

Rest: 90-seconds

Total Sets: 3

5.) PREDATOR SET: BARBELL CURL

6 slow reps, followed by 6 fast reps

Rest: 90-seconds

Total Sets: 3

6.) PREACHER DUMBBELL-HAMMER CURL

8-10 reps

Rest: 90-seconds

Total Sets: 3