



BACK, BICEPS – STRENGTH TO VOLUME SETS

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

1.) STRENGTH SET: BARBELL ROW

6-8 reps

Rest: 90-seconds

Total Sets: 4

2.) STRENGTH SET: 1-ARM CABLE ROW

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

3.) STRENGTH SET: MEADOW ROW

6-8 reps with each side

Rest: 90-seconds

Total Sets: 4

4.) VOLUME SET: ROPE CABLE PULLOVER

15-20 reps

Rest: 90-seconds

Total Sets: 3

5.) STRENGTH SET: LYING CABLE CURL

6-8 reps

Rest: 90-seconds

Total Sets: 4

6.) VOLUME SET: EZ-BAR REVERSE CURL

15-20 reps

Rest: 90-seconds

Total Sets: 3

