



BACK, BICEPS – DESCENDING & INSANE SETS

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

Insane Set: 60-seconds of reps (rest 10-seconds), 40-seconds of reps (rest 10-seconds), 20-seconds of reps.

1.) DESCENDING SET: ALTERNATE LAT PULLDOWN

15 reps each side

Rest: 90-seconds

12 reps each side

Rest: 90-seconds

10 reps each side

Rest: 90-seconds

8 reps each side

Rest: 90-seconds

2.) DESCENDING SET: BENT-OVER BARBELL ROW

15 reps

Rest: 90-seconds

12 reps

Rest: 90-seconds

10 reps

Rest: 90-seconds

8 reps

Rest: 90-seconds

3.) DESCENDING SET: HIGH INCLINE ALTERNATE DUMBBELL ROW (PALMS DOWN)

15 reps with each side

Rest: 90-seconds

12 reps with each side

Rest: 90-seconds

10 reps with each side

Rest: 90-seconds

8 reps with each side

Rest: 90-seconds

4.) INSANE SET: CABLE ROPE PULLOVER

1 set

5.) DESCENDING SET: ALTERNATE CABLE CURL

15 reps with each side

Rest: 90-seconds

12 reps with each side

Rest: 90-seconds

10 reps with each side

Rest: 90-seconds

8 reps with each side

Rest: 90-seconds

6.) INSANE SET: SEATED ALTERNATE DUMBBELL CURL

1 set