



BACK, BICEPS – DROP & REST-PAUSE SETS

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

Drop Set: Do the recommended reps for the set, then drop the weight 30% and rep out until failure.

Rest-Pause Set: A rest-pause set consists of completing the reps indicated in the workout of your working weight. Once you have completed the set, take a 10-15 second rest and complete further reps with the same weight until failure.

1.) DROP SET: CLOSE-GRIP PULLDOWN

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

2.) REST-PAUSE SET: BARBELL UNDERHAND-GRIP PENDLAY ROW

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

3.) DROP SET: CLOSE-GRIP SEATED CABLE ROW

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

4.) REST-PAUSE SET: ROPE CABLE PULLOVER

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3

5.) DROP SET: LYING CABLE CURL

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

6.) REST-PAUSE SET: INCLINE DUMBBELL ZOTTMAN CURL

8-10 reps. Rest-pause set the last set.

Rest: 90-seconds

Total Sets: 3