



## **BACK, BICEPS – DROP & REST-PAUSE SETS**

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