



## **BACK, BICEPS – GIANT & PAUSED REP SETS**

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

**Giant Set:** Do all 3 exercises back to back, then rest after.

**Paused Rep Set:** Pause for 2-3 seconds on a specific part of the movement.

### **1.) GIANT SET: LAT PULLDOWN**

6-8 reps. Followed by...

#### **1-ARM DUMBBELL ROW**

6-8 reps with each side. Followed by...

#### **STANDING ROPE PULLDOWN**

6-8 reps

Rest: 2-minutes

Total Sets: 3

### **2.) PAUSED REPS: SEATED CABLE ROW (CLOSE-GRIP)**

8-10 reps (pause on the contraction)

Rest: 90-seconds

Total Sets: 3

### **3.) GIANT SET: DUMBBELL WAITER CURL**

6-8 reps. Followed by...

#### **INCLINE DUMBBELL-HAMMER CURL**

6-8 reps. Followed by...

#### **EZ-BAR REVERSE CURL**

6-8 reps.

Rest: 2-minutes

Total Sets: 3