



BACK, BICEPS – BERSERK SETS

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

Berserk Set: Do 8 reps with both sides, followed by 5 reps alternating sides.

1.) BERSERK SET: ISO LATERAL MACHINE ROW

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

2.) WIDE GRIP SEATED CABLE ROW

8-10 reps

Rest: 90-seconds

Total Sets: 3

3.) BERSERK SET: LOW INCLINE DUMBBELL ROW

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

4.) LAT PULLDOWN

8-10 reps

Rest: 90-seconds

Total Sets: 3

5.) BERSERK SET: STANDING DUMBBELL CURL

8 reps with both sides, followed by 5 reps alternating sides.

Rest: 90-seconds

Total Sets: 3

6.) DUMBBELL ROTATION CURL

8-10 reps

Rest: 90-seconds
Total Sets: 3