



BACK, BICEPS – CLUSTER & DROP SETS

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

Cluster Set: Do 12 reps, then rest 5-seconds and repeat 3-5 more reps. Repeat 5-seconds of rest followed by 3-5 more reps until you reach a total of 25 total reps.

Drop Set: Do the recommended amount of reps then drop the weight by 30% and immediately rep out until failure.

1.) CLUSTER SET: LAT PULLDOWN

25 total reps

Rest: 3-minutes

Total Sets: 2

2.) DROP SET: ISO LATERAL MACHINE ROW

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

3.) CLUSTER SET: EZ-BAR CABLE PULLOVER

25 total reps

Rest: 3-minutes

Total Sets: 2

4.) DROP SET: LOW TO HIGH CABLE ROW

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3

5.) CLUSTER SET: ROPE CABLE CURL

25 total reps

Rest: 3-minutes

Total Sets: 2

6.) DROP SET: DUMBBELL ZOTTMAN CURL

8-10 reps. Drop set the last set.

Rest: 90-seconds

Total Sets: 3