



BACK, BICEPS – DESCENDING & VITALITY SETS

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

Descending Set: Increase the weight as the reps decrease with every set.

Vitality Set: Use a light weight for 1 set of 50 reps.

1.) DESCENDING SET: 1-ARM DUMBBELL ROW (PALMS DOWN)

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

2.) DESCENDING SET: DUMBBELL PULLOVER

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

3.) DESCENDING SET: INCLINE 1-ARM DUMBBELL ROW

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

4.) VITALITY SET: SEATED DUMBBELL ROW

1 Set: 50 reps

5.) DESCENDING SET: STANDING DUMBBELL HAMMER CURL

Set 1: 15 reps

Set 2: 12 reps

Set 3: 10 reps

Set 4: 8 reps

Rest between each set: 90-seconds

6.) VITALITY SET: INCLINE DUMBBELL CURL

1 Set: 50 reps