



BACK, BICEPS – PRE EXHAUST SETS

Warm Up: 5-10 min incline treadmill + 2 light warm-up sets for back

1.) Rope Pullover

Tip: Full stretch at the top, squeeze at the bottom
12-15 reps. Followed immediately by...

Lat Pulldown

Tip: Control the eccentric, slight lean back for full lat engagement
8-10 reps
Rest: 2-min

Total sets: 3

2.) DB Rear Delt High Row (Static)

Tip: Drive elbows out, not back
12-15 reps with each side. Followed immediately by...

Seated Cable Row (Close-Grip)

Tip: Pause at full contraction
8-10 reps
Rest: 2-min

Total sets: 3

3.) Incline Dumbbell-Hammer Curl

Tip: Big stretch, controlled negative
12-15 reps. Followed immediately by...

Ez-Bar Curl

Tip: Strict form, no swinging
8-10 reps
Rest: 2-min

Total sets: 3

4.) Assisted Pull-Up

As many reps as possible. Followed immediately by...

Alternate Dumbbell-Hammer Curl

10 reps with each side. Followed immediately by...

Incline Dumbbell Row

15-20 reps

Total sets: 1

Coach's Corner — Back, Biceps Edition

🔥 Today was all about forcing your lats and biceps to carry the work — no momentum, no cheating, just muscle activation.

👉 Pre-exhausting your lats fired them up before your compounds, forcing deeper engagement.

👉 Your biceps weren't just curling — they were isolated, stretched, and hit with full range of motion.

👉 Your core kept your posture locked in, protecting your low back while the pulling volume piled up.

You just built stronger pulling power, a wider back, and better arm definition. Brick by brick — you're building it.