



Back, Biceps – Mechanical Drop Sets

Built for high tension, max pump, and pushing through failure with smart variation shifts.

Warm Up: 5-10 min incline treadmill. 2 light warm-up sets: Lat pulldown & Barbell curl

1) Wide-Grip Lat Pulldown

8-10 reps. Followed immediately by...

Close-Grip (Neutral) Pulldown

8-10 reps. Followed immediately by...

Underhand-Grip Pulldown

8-10 reps

Rest: 90 sec

Total sets: 3

2) Incline Dumbbell Row (Elbows Flared)

10-12 reps. Followed immediately by...

Incline Dumbbell Row (Elbows Tucked)

10-12 reps. Followed immediately by...

Standing Dumbbell Row

10-12 reps

Rest: 60-75 sec

Total sets: 3

3) Ez-Bar Preacher Curl

8-10 reps. Followed immediately by...

Standing Ez-Bar Curl

8-10 reps. Followed immediately by...

Standing Dumbbell-Hammer Curl (To Center)

8-10 reps

Rest: 60-75 sec

Total sets: 3

4) Incline Dumbbell Curl (deep stretch)

12-15 reps. Followed immediately by...

Cable Curl (light weight, 3-sec hold at top)

12-15 reps

Rest: 60-sec

Total sets: 2

Coach's Corner — Back, Biceps Edition

🔥 Today's focus wasn't max weight — it was max tension through smart sequencing.

👉 You trained your lats and traps with smart variation: wider, tighter, closer — forcing more muscle recruitment as you fatigued.

👉 Your biceps didn't just curl — they worked through stretch, squeeze, and angle changes, keeping them lit the entire time.

Back and arms just got torched — and this is how you keep growing when most people plateau.

