



Day 2: Back & Biceps — Volume Wave Training

Focus: Build a thick, wide back and well-rounded biceps through wave-style progression and smart variation. All exercises are gym-floor or home-gym friendly — no machines or cables required.

Warm-Up (5–7 min):

- 5 min rower or incline treadmill
- Arm circles x 20
- Scapular wall slides x 15
- 1 light warm-up set of T-Bar Row + DB Curl

Wave Set 1: Back Power Builder

- Chest-Supported T-Bar Row (or Barbell Row):
- Set 1: 10–12 reps
- Set 2: 8–10 reps
- Set 3: 15 reps (lighter weight, full squeeze)
- Rest 75–90 sec between sets

Wave Set 2: Mid-Back + Rear Delt Superset

- A1. Single-Arm Landmine Row — 3 sets: 12, 10, 15 reps
- A2. Chest-Supported Rear Delt Raise (on incline bench) — 3 sets x 15 reps
- Minimal rest between exercises, 60 sec between supersets
- Landmine row focuses on lats and mid-back; rear delt raises build posture and shoulder stability.

Wave Set 3: Horizontal Pull (Neutral Stance)

- 1-Arm DB Row (Split-Stance, Braced):
- Set 1: 10–12 reps
- Set 2: 8–10 reps
- Set 3: 15 reps
- Rest 60 sec per side
- Stand in a staggered stance, brace with your opposite arm, and row toward your hip.

Wave Set 4: Biceps Strength Curl

- Zottman Curl:
- Set 1: 10–12 reps
- Set 2: 8–10 reps
- Set 3: 15+ reps (lighter, strict tempo)
- Rest 60–75 sec
- Targets biceps concentrically and forearms eccentrically — slow the negative.

Wave Set 5: Biceps Pump Superset

- B1. Cross-Body Hammer Curl — 3 sets: 12, 10, 15 reps
- B2. Incline DB Curl (deep stretch) — 3 sets x 12–15 reps
- Minimal rest — just pump and stretch

Coach's Corner — Back & Biceps Edition

This workout isn't about chasing numbers — it's about controlling the weight, building tension, and progressing through volume intelligently. You hit the back from multiple angles, pulled with intent, and finished with curls that stretch and pump the arms like crazy. No cables. No machines. No excuses. Just volume, control, and results.