

Day 2: Back & Biceps — Cluster Set Training (Hypertrophy Format)

Focus

Strategic clusters to hammer pulling muscles without over-fatiguing the lower back. A mix of horizontal and vertical pulls, with both free weights and cables for full development.

Warm-Up (5–7 minutes)

- Band Pull-Aparts x 20
- Seated Cable Row (light) x 15
- Straight-Arm Pulldown (light) x 15
- Banded Face Pull x 15

Cluster Set 1: Weighted Pull-Ups (or Assisted)

- Format: 6–8 reps → rest 15 sec → 3–4 reps → rest 15 sec → 2–3 reps
- Perform 3 total clusters
- Rest 2 min between clusters

Use a neutral grip if available. Control the lowering phase — aim for clean, powerful reps.

Cluster Set 2: 1-Arm Neutral Stance Dumbbell Row

- Format: 8 reps → rest 15 sec → 4 reps → rest 15 sec → 3 reps
- Perform 3 total clusters per side
- Rest 90 sec between sides

Keep torso flat and controlled. Focus on retracting the scapula.

Cluster Set 3: Incline Bench Dumbbell Curl

- Format: 8–10 reps → rest 15 sec → 4–5 reps → rest 15 sec → 3 reps
- Perform 3 total clusters
- Rest 90–120 sec between clusters

Let the arms hang for a full stretch at the bottom. Keep tempo tight.

Cluster Set 4: Barbell or EZ-Bar Curl (Standing)

- Format: 8 reps → rest 15 sec → 3–4 reps → rest 15 sec → 2–3 reps
- Perform 3 total clusters

Use a moderate load and focus on strict form. Minimal swing.

Finisher Superset – 2 Rounds

1. Chest-Supported Rear Delt Row (wide grip dumbbell or EZ bar) — 12–15 reps
2. Crossbody Hammer Curl (alternating) — 10 per side

Rest 60 sec between rounds

This gives the biceps and rear delts one last push without taxing the lower back.

Coach's Corner

Back and biceps respond incredibly well to volume — but only when quality stays high. Cluster sets let you accumulate more effective reps without falling apart by the end of each set. Train smart, lock in your form, and make every rep count.