



## DAY 11: BACK & BICEPS

### Notes:

Use Warm-Up Sets to gauge weight for working sets.

\* For the working sets, pick a weight that allows you to reach failure at 12 reps.

90 Seconds rest in between each working set (Unless Noted Otherwise)

Stretch in between working sets.

Back			
EXERCISES	SETS / REPS	WEIGHT	NOTES
<b>1. BENT OVER BARBELL ROW</b>	2 Warm-up Sets 3 Working Sets x 12 Reps*		
<b>2. LAT PULLDOWN</b>	2 Warm-up Sets 3 Working Sets x 12 Reps*		
<b>3. REVERSE-GRIP LAT PULLDOWN</b>	2 Warm-up Sets 3 Working Sets x 12 Reps*		
<b>4. DEADLIFT</b>	2 Warm-up Sets 3 Working Sets x 12 Reps*		
<b>5. DUMBBELL SHRUG</b>	2 Warm-up Sets 3 Working Sets x 12 Reps*		
Biceps			
<b>6. ALTERNATING DUMBBELL CURLS</b>	2 Warm-up Sets 3 Working Sets x 12 Reps*		60 Seconds Rest Between Sets
<b>7. PREACHER CURL</b>	2 Warm-up Sets 3 Working Sets x 12 Reps*		60 Seconds Rest Between Sets
<b>Training, Nutrition, Supplementation Notes:</b>			