

## DAY 18: BACK & BICEPS

## Notes:

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

\* For the working sets, pick a weight that allows you to reach failure at 10 reps.

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

## Stretch in between working sets.

2. LAT PULLDOWN 2 Warm- 3 Working   3. REVERSE-GRIP LAT PULLDOWN 2 Warm- 3 Working   4. DEADLIET 2 Warm-	y Sets x 10 Reps* up Sets y Sets x 10 Reps* up Sets y Sets x 10 Reps*		
2. LAT POLLDOWN 3 Working   3. REVERSE-GRIP LAT PULLDOWN 2 Warm- 3 Working   4. DEADLIET 2 Warm-	Sets x 10 Reps* up Sets Sets x 10 Reps*		
3. REVERSE-GRIP LAT POLLDOWN 3 Working   4 DEADLIET 2 Warm-	Sets x 10 Reps*		
	un Soto		
5 Working	J Sets x 10 Reps*		
5. DUMBBELL SHRUG 2 Warm- 3 Working	up Sets   Sets x 10 Reps*		
Biceps			
6. ALTERNATING DUMBBELL CURLS 2 Warm- 3 Working	up Sets J Sets x 10 Reps*	60	Seconds Rest Between Sets
7. PREACHER CURL 2 Warm- 3 Working	up Sets J Sets x 10 Reps*	60	Seconds Rest Between Sets
Training, Nutrition, Supplementation Notes:			