



DAY 4: 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 14 reps.

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

Stretch in between working sets.

Back			
EXERCISES	SETS / REPS	WEIGHT	NOTES
1. BENT OVER BARBELL ROW	2 Warm-up Sets 3 Working Sets x 14 Reps*		
2. LAT PULLDOWN	2 Warm-up Sets 3 Working Sets x 14 Reps*		
3. REVERSE-GRIP LAT PULLDOWN	2 Warm-up Sets 3 Working Sets x 14 Reps*		
4. DEADLIFT	2 Warm-up Sets 3 Working Sets x 14 Reps*		
5. DUMBBELL SHRUG	2 Warm-up Sets 3 Working Sets x 14 Reps*		
Biceps			
6. ALTERNATING DUMBBELL CURLS	2 Warm-up Sets 3 Working Sets x 14 Reps*		60 Seconds Rest Between Sets
7. PREACHER CURL	2 Warm-up Sets 3 Working Sets x 14 Reps*		60 Seconds Rest Between Sets
Training, Nutrition, Supplementation Notes:			