

Back and Biceps – Routine 1

Exercise	Sets	Reps
Lat. Pull Down	3	12
Bent Over Barbell Low Row	3	12
Torsinator Single Arm Low Row	3	12
D-Bar Lat. Pull Down	3	12
Machine High Row Peaks	3	12
SUPER SET Seated Cable High Row	3	12
Seated Dumbbell Curls	3	12
(Drop Set)	3	12
Lying Dumbbell Rear Flies	3	12
SUPER SET Standing Cable Rear Flies	3	12
Standing Dumbbell Hammrr Curls (Heavy)	3	5 each side
SUPER SET Standing Dumbbell Hammrr Curls w/ Eccentric Push Outs	3	12 each side
Straight Arm Pull Downs	3	12
Preacher Pad Curls	3	7
SUPER SET Standing Ezi-Bar Curls	3	12
Standing Cable Curls (w/ Tricep Rope)	3	5
(Drop Set)	3	10
(Drop Set)	3	20