

Back and Biceps – Routine 3

Exercise	Sets	Reps
Barbell Bent Over Low Row	4	12
SUPER SET Push Ups	4	10
Lat. Pull Down	4	12
SUPER SET Push Ups	4	10
Seated Cable Low Row	4	12
SUPER SET Machine Rear Flies	4	12
SUPER SET Push Ups	4	10
Ring Pull Ups	4	12
SUPER SET Straight Arm Pull Downs	4	12
SUPER SET Push Ups	4	10
Preacher Curls	4	3
(Drop Set)	4	4
(Drop Set)	4	10
SUPER SET Push Ups	4	10
Lying Dumbbell Rear Flies	4	12
SUPER SET Push Ups	4	10
Machine Bicep Curls	4	12
SUPER SET Push Ups	4	10
Standing Alternating Dumbbell Hamrr Curls	4	12 each side
SUPER SET Push Ups	4	10