

Back and Biceps – Routine 4

Exercise	Sets	Reps
Single Arm Dumbbell Row	3	12 each side
Lat. Pull Down	3	12
Seated Low Row	3	12
Alternating Dumbbell Hamrrr Curls	3	12 each side
Lying Dumbbell Rear Flies	3	12
SUPER SET Standing Dumbbell Rear Flies	3	12
Preacher Curls	3	12
SUPER SET Standing Ezi-Bar Curls	3	12
Straight Arm Pull Downs (Drop Set)	3 3	8 12
Single Arm Machine Bicep Curls	3	12 each side
Standing Single Arm Cable Curls	3	8 each side