

Back and Biceps – Routine 5

Exercise	Sets	Reps
Under Hand Close Grip Pull Downs	3	12
Single Arm Dumbbell Row	3	12 each side
Seated Cable Low Row	3	12
Machine High Row	3	12
SUPER SET Lat. Pull Down (High Row)	3	12
Standing Dumbbell Rear Flies	3	12
SUPER SET Standing Alternating Dumbbell Hammrr Curls	3	12 each side
Cable Straight Arm Pull Downs	3	12
SUPER SET Cable Curls (w/ Flat Bar)	3	12
Seated Dumbbell Hammrr Curls (Drop Set)	3 3	12 12
Standing Single Arm Dumbbell Hammrr Curls	3	12 each side
(Drop Set)	3	12 each side