

Back and Biceps – Routine 7

Exercise	Sets	Reps
Single Arm Dumbbell Row	3	12
Single Arm Lat. Pull Down	3	12 each side
Seated Alternating Cable Low Row	3	12
Standing Barbell Bent Over High Row	3	12
SUPER SET Seated Cable High Row	3	12
Seated Cable Low Row	3	12
Preacher Pad Bicep Curls	3	12
SUPER SET Standing Ezi-Bar Curls	3	12
Standing Dumbbell Hammrr Fitness w/ Negative Extensions	3	12
Standing Alternating Dumbbell Curls	3	12
Machine Rear Flies	3	12
SUPER SET Standing Cable Cross Over Rear Flies	3	12
Straight Arm Pull Downs	3	15