

### Back and Biceps – Routine 8

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Lat. Pull Down	3	12
Machine Low Row	3	12
Barbell Bent Over High Row	3	12
SUPER SET Seated Cable High Row	3	12
Lying Dumbbell Rear Flies	3	12
SUPER SET Standing Dumbbell Rear Flies	3	12
Standing Ezi-Bar Curls	3	12
SUPER SET Preach Pad Curls	3	15
Straight Arm Pull Downs (Wide)	3	12
(Drop Set – using straps / tricep rope)	3	12
Single Arm Machine Bicep Curls	3	12 each side
Single Arm Dumbbell Hamrr Curls	3	12 each side