



BACK & BICEPS

1/ Chest supported dumbbell row – Let's get some blood in there quickly. I want you to use a semi pronated grip. Do 2 tough sets of 8, on the 3rd set we hit a drop 8/8/8.

3 working sets

2/ T-Bar row – I want the same thing here. Give me 2 hard sets of 8 and then a big drop set 8/8/8.

3 working sets

3/ Dumbbell pullovers – Lay vertically across the bench with your head hanging off, lets work the stretch. I want you to bring the dumbbell back behind your head without losing tension on the lats and bring it back towards the top of your chest. Do 3 sets of 10

3 working sets

4/ Single hand supinated pulldown – Focus on contracting hard at the bottom of the movement. Keep your chest up as you drive your elbows down here. Do 3 sets of 10.

3 total working sets

5/ Banded hyperextensions – I want one set to failure, then drop the band and go to failure again. 1 hard drop set here.

1 total working set

If you do not have a band, you can use a pre-loaded barbell / dumbbell / or plate

Biceps

1/ Preacher curl – Do 4 sets of 10 here. Lower the ez-bar slowly squeeze hard the entire rep. Create tons of tension here.

4 working sets

2/ Hammer curl – Do 4 sets of 12 here, same as the above I want you squeezing the dumbbell hard the entire time.

4 working sets