



BACK & BICEPS					
	SETS	REPS/TIME	EXERCISE	EXERCISE SWAP	TIPS/TRICKS
A1	4	10-12	<b>Assisted Pull Ups</b> -Wide grip	Inverted Rows	On a assisted pull up machine. Grab the bars with a wide grip, brace core & chest up. Pull yourself up using outer lats (back). Hold at the top and slowly lower to start position.
B1	4	15,12,10,8	<b>DB 1 Arm Rows</b>	Cable Rows	Using lower lats, pull the DB towards your hip using your back not arms. Squeeze your shoulder blades together and slowly release back to the start position.
B2	4	8-10	<b>BB Bicep Curls</b> -1 & ½ Reps	Cable Bicep Curls	Contract biceps. ½ rep preformed at the top of the range for this exercise.
C1	4	15,12,10,8	<b>Wide Grip Lat Pulldowns</b>	Machine Lat Pulldown	Using outer Lat (Back) and a wide grip on the bar, lean back slightly and keep your chest up. Pull the bar down to your collar bone. Pause and slowly return to starting position.
C2	4	8-10	<b>DB Incline Hammer Curls</b>	DB Bicep Curls	Lying on a 45 degree incline bench, with your palms facing your body. Squeeze Biceps and bring DBs up to your collar bone. Pause and slowly lower to start position.
D1	4	15,12,10,8	<b>BB Bent Over Rows</b> -Reverse Grip	Machine Rows	Start standing, tilt forwards slightly with your upper body. Brace core & keep lower back straight. Pull bar to belly button. Squeeze and slowly return to start position.
D2	3	20	<b>BB Bicep Curls</b>	DB Bicep Curls	Standing upright and elbows locked at your side , Squeeze Biceps and bring bar up to your collar bone. Pause and slowly lower to start position.