

Superset 2

Superset 3

Superset 4

Bent Over Barbell Row

Seated Single Arm Cable Row

Straight Arm Lat Pulldown

Dumbbell Hammer Curls

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Barbell Bicep Curls

Reverse Flyes

01

02

01

02

01

02



03

03

03

03

03

03

10-12

10-12

10-12

10-12

10-12 10-12