

WORKOUT DURATION: \_\_\_\_\_


INTENSITY: \_\_\_\_\_

CARDIO TODAY? \_\_\_\_\_

## BACK AND BICEPS

- \* Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.
- \* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

\* AMAP = As many as possible

 = Cardio (between each set)

No	Exercise	Sets	Reps
01	<a href="#">Bent Over Barbell Row</a>	04	6-8
	<a href="#">Bench Step Ups</a>	01	1min
02	<a href="#">Seated Cable Row</a>	03	6-8
	<a href="#">Running In Place</a>	01	1min
03	<a href="#">Bent Over Dumbbell Row</a>	03	6-8
	<a href="#">Kettlebell Swings</a>	01	1min
04	<a href="#">Barbell Shrugs</a>	04	6-8
	<a href="#">Dumbbell Step Ups</a>	01	1min
05	<a href="#">Barbell Bicep Curls</a>	03	6-8
	<a href="#">Running In Place</a>	01	1min
06	<a href="#">Preacher Curls</a>	03	6-8
	<a href="#">Kettlebell Swings</a>	01	1min
07	<a href="#">Palm Down Barbell Curls</a>	03	6-8
	<a href="#">Battling Rope</a>	01	1min
08	<a href="#">Hammer Curls</a>	03	6-8
	<a href="#">Running In Place</a>	01	1min

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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# LIFT.

Printable Workouts

LIFT.

LIFT. DATE: \_\_\_\_\_ LIFT.

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