

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	Wide Grip Lat Pulldowns	03	16-20
■	Bench Step Ups	01	1min
02	Underhand Cable Pulldowns	03	16-20
■	Running In Place	01	1min
03	Straight Arm Pulldowns	03	16-20
■	Kettlebell Swings	01	1min
04	Barbell Shrugs	03	16-20
■	Bench Step Ups	01	1min
05	Incline Dumbbell Curls	03	16-20
■	Running In Place	01	1min
06	Preacher Curls	03	16-20
■	Kettlebell Swings	01	1min
07	Standing Barbell Curls	03	16-20
■	Bench Step Ups	01	1min
08	Palms Down Barbell Curls	03	16-20
■	Running In Place	01	1min

TRAINING, NUTRITION & SUPPLEMENT NOTES:

LIFT.

Printable Workouts

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LIFT. DATE: _____

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