

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	Bent Over Barbell Row	04	2-5
	Bench Step Ups	01	1min
02	Seated Cable Row	03	2-5
	Running In Place	01	1min
03	Bent Over Dumbbell Row	03	2-5
	Kettlebell Swings	01	1min
04	Barbell Shrugs	04	2-5
	Dumbbell Step Ups	01	1min
05	Barbell Bicep Curls	03	2-5
	Running In Place	01	1min
06	Preacher Curls	03	2-5
	Kettlebell Swings	01	1min
07	Palm Down Barbell Curls	03	2-5
	Battling Rope	01	1min
08	Hammer Curls	03	2-5
	Running In Place	01	1min

TRAINING, NUTRITION & SUPPLEMENT NOTES:

LIFT.

Printable Workouts

LIFT.

LIFT. DATE: _____

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