

**WORKOUT DURATION:**

**INTENSITY:**

**CARDIO TODAY?**

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## 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="#">Wide Grip Lat Pulldowns</a>	03	21-30
	<a href="#">Bench Step Ups</a>	01	1min
02	<a href="#">Underhand Cable Pulldowns</a>	03	21-30
	<a href="#">Running In Place</a>	01	1min
03	<a href="#">Straight Arm Pulldowns</a>	03	21-30
	<a href="#">Kettlebell Swings</a>	01	1min
04	<a href="#">Barbell Shrugs</a>	03	21-30
	<a href="#">Bench Step Ups</a>	01	1min
05	<a href="#">Incline Dumbbell Curls</a>	03	21-30
	<a href="#">Running In Place</a>	01	1min
06	<a href="#">Preacher Curls</a>	03	21-30
	<a href="#">Kettlebell Swings</a>	01	1min
07	<a href="#">Standing Barbell Curls</a>	03	21-30
	<a href="#">Bench Step Ups</a>	01	1min
08	<a href="#">Palms Down Barbell Curls</a>	03	21-30
	<a href="#">Running In Place</a>	01	1min

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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# LIFT.

Printable Workouts

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

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