



Back & Biceps Purgation

Exercise	Rest	Sets	Reps	Weight	Notes
Weighted pull-ups	1:00-1:30	3	6		
V-bar lat pulldown	1:00-1:30	3	8		
superset					
Rope mid row			15		
Rack pull shrugs	1:00-1:30	3	8		Three shrugs for each rack pull
Preacher curl	1:00-1:30	3	4		
superset					
Preacher curl			15		
Alternating dumbbell curl	1:00-1:30	3	10		Use Arm Blaster if possible
Reverse barbell curl	1:00-1:30	3	12		