



Gunz Development 2.0

Back & Biceps

Exercise	Rest	Sets	Reps	Weight	Notes
Lat pulldown	1:30	4	8		
superset					
Behind-the-neck lat pulldown					
Close grip mid row	1:30	3	10		
superset					
Standing hammer curl					
$\frac{3}{4}$ one rope row	1:30	3	12		
superset					
Rope curl					
Barbell bent-over row	1:30	3	8		
superset					
Barbell curl			12		
Seated dumbbell back fly	1:30	3	12		
superset					
Standing one-arm curl					