



Back & Biceps Combat

Exercise	Rest	Sets	Reps	Weight	Notes
Mid row	1:30	4	10		
Seated dumbbell fly	1:30	3	12		
giant set					
Special Marc Fitt fly					
One-arm machine lat pulldown (neutral grip)			8		
Triangle lat pulldown	1:30	3	8		
Standing dumbbell curl	1:30	3	8		
superset					
Alternating dumbbell curl			max		
Standing barbell curl	1:30	3	10		
Half bicep curl to rotation	1:30	3	12		
giant set					
Reverse dumbbell forearm curl					
Reverse dumbbell curl					