



Back & Biceps Havoc

Exercise	Rest	Sets	Reps	Weight	Notes
Mid row	1:30	4	8		
Rack pull to shrug	1:30	4	6 6 6 4		Two shrugs for each rack pull
Hammer Strength pulldown	1:30	3	12		
Barbell curl (close grip)	1:30	4	12		
superset					
Barbell curl (shoulder width)			max		
Seated dumbbell curl	1:30	4	15		