

8 WEEK BODY TRANSFORMATION

Day 34 Back and Biceps

- 1) Weighted
Ab crunches : 150 Reps
- 2) Pull Ups: 1 Sets: Warm up 10 Reps
3 Sets: 20 Reps
- 3) Wide Grip Lat
Pulldown: 1 Sets: Warm up 10 Reps
3 Sets: 10-12 Reps to failure
- 4) Seated
Cable Row: 1 Sets: Warm up 10 Reps
3 Sets: 12-15 Reps to failure
- 5) Bent Over
Barbell Row: 1 Sets: Warm up 10 Reps
3 Sets: 15 Reps to failure
- 6) Alternating Bicep
Curl: 1 Sets: Warm up 10 Reps
3 Sets: 20 Reps to failure
- 7) Cable
Bicep Curl: 3 Drops Sets 20 Reps
- 8) Lying
Cable Curl: 3 Drops Sets 20 Reps
- 9) Weighted Abs Crunches: 150 Reps

8 Week Body Transformation

DAY 34: BACK AND BICEPS

1 warm up set each exercise: 10 reps

Cardio 45-50 minutes

