

[Free Back/Bicep Workout](#)

Superset Exercises A & B

Exercise	Sets	Reps
Close Grip Lat Pulldown- A	4	15
Barbell Bicep Curl- B	4	15
Low Back Cable Row-A	4	15
Seated Cable Bicep Curls-B	4	15
Cable Lat Pull Through-A	4	15
Dumbbell Hammer Curls-B	4	15
Bent Over Cable Back Row-A	4	15
Cable Bicep Curls-B	4	15
Ball Cross Body Twist-A	4	20
Ball twist-B	4	20

Cardio: 40 minutes of Cardio

Superset: A&B:

Close grip Lat Pulldown-A, superset with Barbell Bicep Curl-B

Low Back Cable Row-A, superset with Seated Cable Bicep Curls-B

Cable Lat Pull Through-A, superset with Dumbbell Hammer Curls-B

Bent Over Cable Back Row-A, superset with Cable Bicep Curl-B

Ball Cross Body Twist-A, superset with Ball Twist-B