

## **Free Back and Bicep Workout 2**

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
<b>Pull-Ups</b>	<b>4</b>	<b>25,21,18,15</b>
<b>T-Bar Row</b>	<b>4</b>	<b>25,21,18,15</b>
<b>One Arm Cable Lat Pull</b>	<b>4</b>	<b>25,21,18,15</b>
<b>Cable Low Back Row</b>	<b>4</b>	<b>25,21,18,15</b>
<b>Barbell Bicep Curl</b>	<b>4</b>	<b>15,18,21,25</b>
<b>Alternating Dumbbell Curl</b>	<b>4</b>	<b>15,18,21,25/arm</b>
<b>Seated Dumbbell Hammer Curl</b>	<b>4</b>	<b>15,18,21,25</b>
<b>Bent over Standing Dumbbell Curl</b>	<b>4</b>	<b>15,18,21,25</b>

**Cardio: 30 minutes**