

Free Back and Biceps Workout

Exercise	Sets	Reps
Bent Over Row, smith machine	4	12,15,18,21
Wide Grip Lat Pullup	4	12,15,18,21
Cable Back Row, w/rope attachment	4	12,15,18,21
One Arm Lat pulldown	4	12,15,18,21
Bicep Preacher Curl	4	21,18,15,12
Cable Bicep curl, bench assist	4	21,18,15,12
Cable Bicep Hammer Curl	4	21,18,15,12

Cardio: 30 minutes