

30 Day Fitness Challenge

Day: 16 Back and Biceps

Exercise	Sets	Reps
Close Grip Cable Row	6	15,12,10,10,12,15
Lateral Pull Down	6	15,12,10,10,12,15
Straight Bar Lateral Pull Through	6	15,12,10,10,12,15
Low Grip Back Row	6	15,12,10,10,12,15
Cable Hammer Curls, rope attachment	6	15,12,10,10,12,15
Straight Bar Cable Biceps Curl	6	15,12,10,10,12,15
Cable Biceps Curl	6	15,12,10,10,12,15

Cardio: 35 minutes

NOTE: SET 1 =15 reps, SET 2 = 12reps, SET 3 = 10reps, SET 4 = 10reps, SET 5 = 12reps, and SET 6 = 15reps. It is a pyramid week of sets. You go up the pyramid and go back down and then DONE. DO NOT repeat all those set/reps 6 times.

