

Day 74: Back, Biceps

LAT PULL-DOWN (WARM-UP SETS)

Use light weight and stop each set short of failure.



Lat pull-down

2 sets, 10 reps (rest 1 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Lat pull-down

4 sets, 25, 20, 15, 10 reps (no rest)



Barbell stiff-legged deadlift

4 sets, 25, 20, 15, 10 reps (no rest)



Incline dumbbell row

4 sets, 25, 20, 15, 10 reps (rest 2 min.)

DTP TRISET SET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Incline dumbbell row

4 sets, 10, 15, 20, 25 reps (no rest)



Barbell stiff-legged deadlift

4 sets, 10, 15, 20, 25 reps (no rest)



Lat pull-down

4 sets, 10, 15, 20, 25 reps (rest 2 min.)

DPT TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Barbell Curl

4 sets, 25, 20, 15, 10 reps (no rest)



Standing Biceps Cable Curl

4 sets, 25, 20, 15, 10 reps (no rest)



Lying Close-Grip Bar Curl On High Pulley

4 sets, 25, 20, 15, 10 reps (rest 2 min.)

DTP TRISET

Perform the exercises in order with no rest between exercises and 2 min. of rest between sets.



Lying Close-Grip Bar Curl On High Pulley

4 sets, 10, 15, 20, 25 reps (no rest)



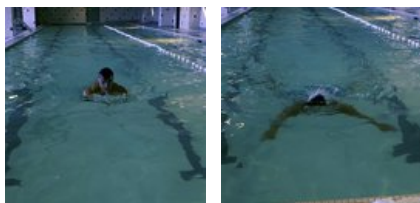
Standing Biceps Cable Curl

4 sets, 10, 15, 20, 25 reps (no rest)



Barbell Curl

4 sets, 10, 15, 20, 25 reps (rest 2 min.)



Swimming

1 set, 15 min. Alternate 3 min. of easy swimming with 1 min. of hard swimming, or perform other cardio of your choice.

1 set, 15 mins